



Fort Sam Houston

# News Leader<sup>®</sup>



Vol. 35, No. 6

Fort Sam Houston — Home of Army Medicine

February 7, 2002

## Briefs

### Commissary hours for President's Day

The FSH Commissary will be open from 9 a.m. to 6 p.m. on Feb. 18, Presidents Day.

### Black History Month Luncheon, Feb. 25

A luncheon celebrating Black History Month will be held Feb. 25 at 11:30 a.m. at the NCO Club. Cost is \$8 per person. For tickets, see your Equal Opportunity Advisor.

### FSH ISD Board meeting, Feb. 28

The Fort Sam Houston ISD Board of Trustees will meet Feb. 28 at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road.

### Foulois Ceremony, March 4

The Military Order of the Daedalians will sponsor a ceremony to commemorate the 92<sup>nd</sup> anniversary of the Foulois flight. The ceremony will be held March 4 at 11 a.m. at the main post flagpole. The public is invited.

► Command Sgt. Maj. Paul Mathsen accepts the Army Medical Department Noncommissioned Officers Academy color from Command Sgt. Maj. Adolph Arista, Army Medical Department Center and School, during the unit Change of Responsibility ceremony held at the MacArthur Parade Field on Jan 30 as Command Sgt. Maj. Zulma Santiago, outgoing commander, transfers responsibility for the academy.



Courtesy photo

## Rumsfeld gives clues about 2003 Defense Budget

By Sgt. 1st Class Kathleen T. Rhem  
American Forces Press Service

Defense Secretary Donald Rumsfeld used the daily Pentagon press briefing to give some details about President Bush's fiscal 2003 defense budget proposals, which the White House released Feb. 4.

The budget will focus on winning the global war on terrorism, transforming the military, and streamlining the Defense

Department, Rumsfeld told reporters this afternoon.

"The new budget is designed to strengthen the armed forces for today's global war on terror and to better prepare the armed forces for the wars that we may have to face in the period ahead," Rumsfeld said.

The secretary said the United States can't afford to wait to transform the military for the threats of the 21st century even as the country continues to wage war on terrorism.

"Compared with the costs in dollars ... and lives of a conflict, there's no question but that investment before the fact is much cheaper," Rumsfeld said. "Seeing that our country has the capability to contribute to peace and stability in the world is the wise and prudent ... and the cheapest way both in dollars and in human treasure."

Rumsfeld said the president has characterized this budget as the largest increase in defense spending since the 1980s. The budget

proposal will include resources for precision-guided munitions, missile defense, unmanned vehicles, and "advanced equipment for soldiers on the ground," he said.

It also provides for programs to better manage the department's business practices. "It streamlines and retires a number of defense programs that do not fit with our strategy for the 21st century," Rumsfeld said.

The improvements called for in the 2003

See **Budget** Page 5

## Installation chief explains new centralized management

By Staff Sgt. Marcia Triggs  
Army News Service

Installation management will be centralized by Oct. 1 to improve quality of life for soldiers and their families and save money at the same time, said the officer in charge of the initiative.

The major commands — such as Forces Command and Training and Doctrine Command — will no longer be the sole management authority for installations, said Maj. Gen. Robert Van Antwerp, the Army's assistant chief of staff for Installation Management. The hierarchy for installation management will begin with his ACSIM office at the Pentagon under the new program.

The next level will be regional installation directors, who will be assigned 20 to 26 installations to manage, Van Antwerp said. He said garrison commanders will take their command and control and funding directly from the regional offices.

Centralized Installation Management is long overdue, Van Antwerp said, because for years installations have been

underfunded resulting in maintenance and repairs consistently not being done to facilities and Army housing.

"Under the new structure, funds at the garrison level will be fenced and base operations funds will be used for base operations services and repairs," said Van Antwerp. "There will be no migration of funds, and the flow of funds will be consistent and more standardized."

"We're going after the well-being of soldiers and their families with this program. It's our commitment to put our money where our mouth is when it comes to where our people play, live and work."

Once the structure is implemented soldiers should see a higher level of service in family programs, recreational services and maintenance of facilities, Van Antwerp said.

There has been no formal decision on how many regions there will be and where the region headquarters will be located, Van Antwerp said. The draft plan is to have two overseas regions in Europe

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## Post adds entrance to new cemetery addition

► Effective Feb. 2 from 6 a.m. to 7 p.m.

Sunday through Saturday, including holidays, military police will operate a new access gate on Nursery Road at the rear of the Fort Sam Houston National Cemetery. This gate is a restricted visitors' entrance only to the new cemetery addition from the main cemetery entrance located on Harry Wurzbach Highway. Visitors without DoD or post identification and vehicle registration stickers will be able to enter the cemetery only. Vehicles displaying required post registration will continue to use either Winans Road or Dickman Road gates to enter Fort Sam Houston.

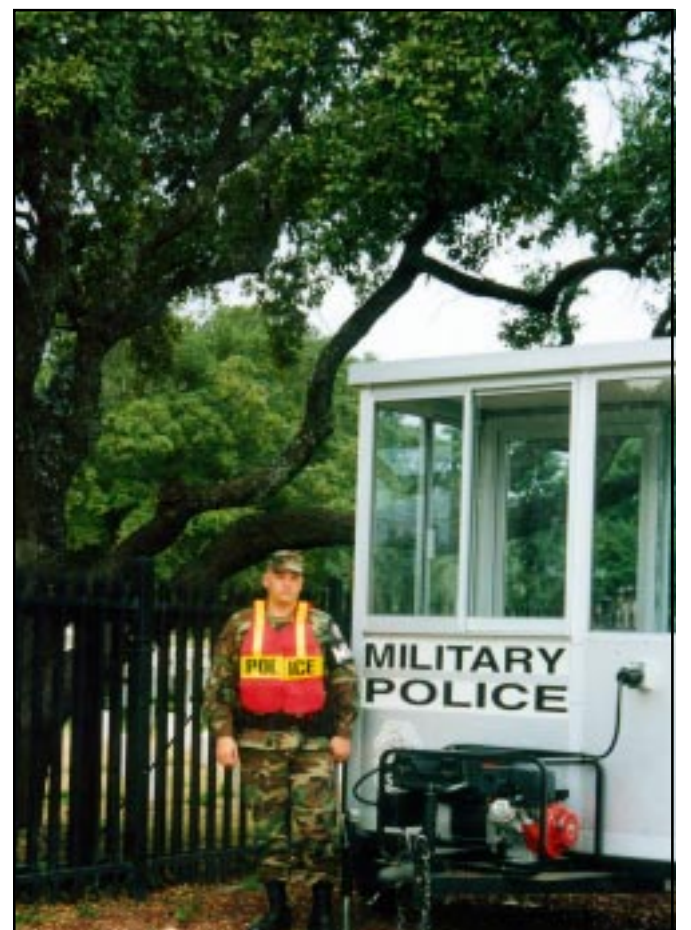


Photo by Yolanda Hagberg



# Military careers culminate in over 170 years of service

The following personnel participated in a consolidated retirement ceremony held Jan. 31 at MacArthur parade field:

**Col. Loren D. Alves**, U.S. Army Great Plains Regional Dental Command, Fort Hood, Texas, retires following more than 22 years military service. His final assignment was as mentor and chief of the Pediatric Dentistry Department, U.S. Army Advanced Education in General Dentistry two-year Residency Program, Fort Hood, Texas. He concurrently served as the Dental Command's consultant for the Family Advocacy staff training.

A native of Dayton, Ohio, Alves entered the Army Dental Corps in 1979 upon graduating from Washington University School of Dental Medicine, St. Louis, Mo., where he received his Doctorate of Dental Medicine.

His career began with an assignment to the Troop Dental Clinic of William Beaumont Army Medical Center, Fort Bliss, Texas, from 1979-1982, followed by a three-year assignment with the Fort Clayton Dental Clinic of the 193<sup>rd</sup> Infantry Brigade, Republic of Panama. In 1985, he returned to the states and

attended the AMEDD Officer Advanced Course and was subsequently assigned to the U.S. Army Dental Activity of Fort Hood, Texas.

Alves served as NBC officer and Pediatric Dentistry volunteer officer, Fort Hood, Texas from 1985-1988. He then attended the Pediatric Dentistry Residency Program of Fort George G. Meade-Walter Reed Army Medical Center-Bethesda Naval Dental Center from 1988-1990. He was then reassigned to the Billy Johnson Dental Clinic, Fort Hood, Texas, for his utilization tour. He served as assistant mentor and chief of Pediatric Dentistry for the Advanced Education in General Dentistry two-year Program from 1991-1994. In 1994 was reassigned to the Dental Activity of Fort Clayton and Gorgas Army Hospital, Panama as chief of Pediatric Dental Services until 1996.

Alves was then assigned to the Dental Activity at Fort Sam Houston and Brooke Army Medical Center, San Antonio, Texas from 1996-1999. While at Fort Sam Houston, he served as consultant to the Family Advocacy Program, project officer for National Children's Dental Health Month, Safety and Infection Control

officer, coordinator for Doctor of Day, Attaché to USSOUTHCOM Traditional CINC Activity for Chilean Dental Services. He was then reassigned to the Dental Activity at Fort Hood, Texas from 1999-2002, where he served his final assignment as mentor and chief of Pediatric Dentistry for the Advanced Education in General Dentistry Residency.

Alves is a Diplomate of the American Board of Pediatric Dentistry and a Fellow of the American Academy of Pediatric Dentistry. He is a graduate of the U.S. Army Combined Arms Services Staff School and the Command and General Staff College.

His military awards and decorations include: the Legion of Merit, the Meritorious Service Medal with two Oak Leaf Clusters, the Army Commendation Medal with two Oak Leaf Clusters, the Army Achievement Medal with one Oak Leaf Cluster, the Joint Meritorious Unit Award, the Army Superior Unit Award, the National Defense Service Medal, the Military Outstanding Volunteer Service Medal, the Armed Forces Reservist Medal, the Army Service Ribbon, the Overseas Service Ribbon (two), and the Expert Field

Medical Badge.

**Col. Martin J. Fisher**, Brooke Army Medical Center, Fort Sam Houston, Texas, retires following more than 30 years of military service.

Fisher was commissioned from ROTC as a Medical Service Corps officer in 1970. After completing graduate studies, he entered active duty on January 5, 1972 and graduated from the AMEDD Officer Basic Course in March of that year. He was assigned to Fitzsimons General Hospital, Aurora, Colo. as that organization's first Military Environmental Sanitarian. In 1974, he was reassigned to the U.S. Army Hospital, Tehran, Iran, as the first Sanitarian in Iran.

Fisher completed the AMEDD Officer Advanced Course in 1977 and served as an environmental science instructor at the Academy of Health Sciences. In 1979, he was the first environmental science officer assigned to the Directorate of Combat Developments, where he worked until his enrollment in the U.S. Army-Baylor University Graduate Program in Health Care Administration in 1981.

In 1983, after completing his Baylor residency at Fort Devens, Mass. Fisher was reassigned as the Executive Officer to the 46<sup>th</sup> Combat Support Hospital, Fort Devens. In 1984, he returned to Fitzsimons, first as the administrative officer, Department of Medicine, and subsequently as the MEDCEN Clinical Support Officer. In 1988, he was assigned to Tripler Army Medical Center, Honolulu, Hawaii as the Medical Center Inspector General.

In 1990, Fisher was selected as the deputy commander for Administration, Fort Monmouth, N.J. MEDDAC, where he served for four years. In 1994, he was reassigned as the deputy commander for Administration, MEDDAC, Fort Campbell, Ky. until 1998. Fisher then became the last commander of the U.S. Army Garrison, Fitzsimons, Col. where he transitioned the installation to civilian control in 1998, followed by his assignment to his final position as deputy commander for Administration at Brooke Army Medical Center, San Antonio, Texas, in July 1999.

Fisher graduated from Drexel  
*See Retire on Page 3*

## Fort Sam Houston News Leader

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# Soldiers bid farewell to Army life

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University with a Bachelor of Science in Commerce and Engineering Sciences in 1970. He received a Master of Science in Environmental Science from Drexel in 1972, and earned a Master of Health Administration from Baylor University in 1983. He is a Fellow of the American College of Healthcare Executives and a member of the Order of Military Medical Merit.

His military awards include the Meritorious Service Medal with five Oak Leaf Clusters, Army Commendation Medal with three Oak Leaf Clusters, and the Army Achievement Medal with one Oak Leaf Cluster. He also wears the Expert Field Medical Badge and the Air Assault Badge.

**Lt. Col. Rodney E. Hudson,** Walter Reed Army Medical Center, Washington, D. C., retires following 23 years of military service. Hudson's final assignment was as Deputy Center Judge Advocate, WRAMC and NARMC.

His previous assignments include: deputy Staff Judge Advocate, U.S. Army Medical Command, Fort Sam Houston, Texas from 1997 to 2000. Chief, Administrative Law Division, U.S. Forces Korea and Eight U.S. Army, Yongsan U.S. Army Garrison, Republic of Korea from 1995 to 1997. Center Judge Advocate, Tripler Army Medical Center, Honolulu, Hawaii, from 1993 to 1995. Chief Civil and Operational Law Division, 25<sup>th</sup> Infantry Division (Light) and U.S. Army, Hawaii, Schofield Barracks, Hawaii from 1990 to 1993. He served consecutive assignments as Administrative Law Attorney, Trial Counsel and Chief, Legal Assistance Office, 101<sup>st</sup> Airborne Division (Air Assault), Fort Campbell, Ky. from 1985 to 1989 and consecutive assignments as Platoon Leader and Adjutant, 725<sup>th</sup> Maintenance Battalion, 25<sup>th</sup> Infantry Division, Schofield Barracks, Hawaii from 1978 to 1981.

Hudson is a member of the State Bar of Texas, Oregon State Bar, Oregon State Bar Health Law Section, American Health Lawyers Association and Order of Military Medical Merit. In 1985, he earned a Bachelor of Science from the University of Oregon, J.D., University of Southern California, LL.M in 1990, and The Judge Advocate General's School.

Hudson's military education includes Ordnance Officers Basic Course, Judge Advocate Officers Basic Course, Judge Advocate Graduate Course, and Command and General Staff College.

His military awards and decorations include the Meritorious Service Medal with four Oak Leaf Clusters, the Army Commendation Medal with two Oak Leaf Clusters, the Army Achievement Medal, the National Defense Service Medal, the Army Service Ribbon and the Overseas Service Ribbon.

**Sgt. Major Charles V. Stuard Jr.,** U. S. Army Medical Command, Fort Sam Houston, Texas, retires after more than 24 years of military service effective March 1, 2002.

In 1977 Stuard completed Basic

Combat Training at Fort Leonard Wood, Mo. His Advanced Individual Training as a Clinical Specialist was completed at Fort Bragg, N.C. On his first assignment with the 28<sup>th</sup> Combat Support Hospital, Fort Bragg, N.C. he worked as a Wardmaster for a minimal care ward.

In 1980, Stuard was assigned to Student Company, Womack Army Medical Center, Fort Bragg, N.C. to attend the Practical Nurse Course. He

Provider Course, Advanced Non-commissioned Officers Course, and the U.S. Army Sergeants Major Academy. He has earned an Associate Degree in Management from Park College, a Bachelors Degree in Healthcare Administration from Park College and a Masters in Business Administration from Webster University, Saint Louis, Mo.

His military awards and decorations include: the Meritorious Service

Houston Recruiting Battalion, Houston, Texas. In 1988, after completion of the U.S. Army Reserve Retention NCO Course at Fort McCoy, Wis., he was assigned to the 81<sup>st</sup> Army Reserve Command, as retention NCO Area Commander for southern Georgia and northern Florida. In 1989, Brownlow was assigned as NCOIC of the 420<sup>th</sup> Engineer Brigade Strength Management Office, Bryan, Texas. In 1993,

◀Left to right, Sgt. Maj. Charles Stuard, Lt. Col. Rodney Hudson, Col. Loren Alves, Col. Martin Fisher, Staff Sgt. John Abercombie, Sgt. 1st Class Roy Williams and Master Sgt. Clarence Brownlow, retire following one hundred seventy one years of cumulative dedicated service to our nation.

he was assigned as NCOIC of the Strength Management Office at the 75<sup>th</sup> Division, Houston, Texas. After completing the U.S. Army Transition Course at Fort Jackson, S.C. Brownlow was transferred

to Headquarters, III Corp, Fort Hood, Texas as the NCOIC, 4<sup>th</sup> Infantry Division Reserve Transition Office. In 1997, Brownlow was assigned as training NCO and operations NCO with Headquarters Detachment, 3rd Personnel Group, Fort Hood, Texas. Brownlow was then transferred to the U.S. Army Readiness Command, Fort Jackson, S.C. with duty assignment to the 90<sup>th</sup> Regional Support Command as NCOIC of the Retention and Transition Office in Houston, Texas.

Brownlow's military education includes the Advanced Noncommissioned Officer Course, Senior Noncommissioned Officer Course, U.S. Army Recruiter School, U.S. Army Retention School, U.S. Army Computer Course, U.S. Army Transition Course, U.S. Army

**Sgt. 1<sup>st</sup> Class Roy Williams III,** 228<sup>th</sup> Combat Support Hospital, Fort Sam Houston, Texas, retires following 22 years of military service effective June 30, 2002.

Williams completed Basic Training at Fort Jackson, S.C. and completed Advanced Individual Training as a Combat Signaler. In 1980 he received his first duty assignment with A Battery 2/2 Air Defense Artillery, Federal Republic of Germany.

In 1982, upon completion of his overseas tour Williams was assigned to A Company 15<sup>th</sup> Engineer Battalion, Fort Lewis, Wash. He returned to Germany with the 12<sup>th</sup> Aviation Group, where he served as the Section Communications NCOIC in 1983.

Five years later, served as communications NCOIC with Echo Company 4/15 Infantry Battalion, located at Fort Knox, Ky. Upon the unit's deactivation, Williams transferred to the 544<sup>th</sup> Personnel Servicing Center and served as the post's Inprocessing Center NCOIC. In 1990, Williams transferred to C Company, 19<sup>th</sup> Engineer Battalion in support of Desert Shield. On January 1991 Williams deployed near Dhahran, Saudi Arabia in support of Desert Storm. Nine months later he was assigned to Mannheim, Germany and served as platoon sergeant for Bravo Company 4/8 Infantry, and as the battalion's communications chief for HHC, 4/8 Infantry. In 1994 his unit relocated to Fort Lewis, Wash.

In 1996, Williams was assigned to C Company, 369<sup>th</sup> Signal Battalion at Fort Gordon, Ga. He served as a Drill Instructor and subsequently was selected as Senior Drill Instructor. In 1998, Williams was assigned to the 41<sup>st</sup> Combat Support Hospital, Fort Sam Houston, Texas where served as communications NCOIC, operations NCOIC and as acting First Sergeant. When his unit deactivated, Williams transferred to the 228th Combat Support Hospital, Fort Sam Houston, Texas, where he serves as Battalion Communications chief, operations NCOIC, and as acting First Sergeant.

His military education includes the Primary Leadership Development Course, Basic Noncommissioned Officers Course, the Advanced Noncommissioned Officers Course and Drill Sergeant School. In 1998 he became a member of the

Sergeant Audie Murphy Club. Williams is currently attending San Antonio College working towards a Computer Network Administration degree.

His military awards and decorations include, the Meritorious Service Medal with one Oak Leaf Cluster, the Army Commendation Medal with three Oak Leaf Clusters, the Army Achievement Medal with five Oak Leaf Clusters, the Good Conduct Medal, the National Defense Service Medal, the NCO Professional Development Ribbon, the Overseas Ribbon, the Army Service Ribbon, and the U.S. Army Drill Sergeant Badge.



graduated as the Distinguished Honor Graduate and was assigned to Fitzsimons Army Medical Center, Aurora, Colo. as a Practical Nurse on the Surgical Intensive Care Unit and then as NCOIC of Infection Control. In 1983, he was assigned to the 1<sup>st</sup> Armored Division in Ansbach, Germany serving as a Platoon Sergeant and NCOIC of the 501<sup>st</sup> Aviation Battalion Aid Station. In 1986, he was reassigned to Moncrief Army Community Hospital, Fort Jackson, S.C. where he served in a variety of assignments including Wardmaster of Medical/Surgical Wards, Unit Manager of Intensive Care/PACU, NCOIC of Plans, Training, Mobilization and Security, and Surgical Section Supervisor.

In 1992, Stuard was transferred to the 44<sup>th</sup> Medical Brigade, Fort Bragg, N.C. where he served as the acting G1 during a deployment for Hurricane Andrew relief efforts and upon return served in the capacity of the G7. Later he was assigned as the Chief Wardmaster for the 28<sup>th</sup> Combat Support Hospital and deployed a 52-bed hospital to Haiti for Operation Uphold Democracy. In 1995, Stuard returned to the 44<sup>th</sup> Medical Brigade and served as the Senior Clinical NCO, followed by reassignment to Womack Army Medical Center as the assistant chief Clinical NCO.

Upon completion of the Sergeants Major Academy in 1998, Stuard was assigned to Tripler Army Medical Center, Hawaii. There he served as the chief Clinical NCO until his transfer to the U.S. Army Medical Command, Fort Sam Houston, Texas in 2000. While at the U.S. Army Medical Command he served as the Sergeant Major, Health Policy and Services culminating his career with an assignment as the Liaison Sergeant Major.

Stuard's military education includes Primary Leadership Development Course, Nuclear, Biological, and Chemical Course, Practical Nurse Course, Master Fitness Trainer Course, Executive DEPMEDS Training Course, ACLS

Medal with four Oak Leaf Clusters, the Army Commendation Medal with three Oak Leaf Clusters, the Army Achievement Medal with seven Oak Leaf Clusters, the Good Conduct Medal (eight award), the Armed Forces Expeditionary Medal, the Humanitarian Service Medal with two Service Stars, the National Defense Service Medal, the NCO Professional Development Ribbon, and the Expert Field Medical Badge. He also received the Order of Military Medical Merit.

**Master Sgt. Clarence L. Brownlow,** 90<sup>th</sup> Regional Support Command, North Little Rock, Ark., retires following 32 years of military service. Brownlow completed Basic Combat Training at Fort Polk, La. He then completed Advanced Individual Training as a Clerk Typist, and as Personnel Administrative Specialist at Fort Polk, La. and Fort Meade, Md., respectively. In 1970 he received his first duty assignment with Headquarters and Headquarters Troop Regiment, Headquarters 6<sup>th</sup> Armor Cavalry Regiment. In 1970, Brownlow was selected for assignment to U.S. Military Academy Enlisted Personnel Management. In 1971, he was assigned to the U.S. Army Strategic Command Signal Brigade as Personnel Sergeant in the Republic of Korea.

Following his overseas tour, Brownlow was assigned to the U.S. Army Reserve Personnel Center, St. Louis, Mo. with various assignments in personnel and logistics. He attended the U.S. Army Airborne School, Fort Benning, Ga., in 1974. After completion of the U.S. Army Recruiter Course, in 1981, Brownlow was assigned to the

*“As we bid farewell to our colleagues  
and thank them  
for serving our nation so well,  
we are reminded that the men and women  
serving our nation are our Army.”*

**Brig. Gen. Daniel Perugini  
Commander, BAMC**

Sergeant Major Academy. He earned a Bachelor of Art from Excelsior College, Albany, N.Y.

His military awards and decorations include the Meritorious Service Medal, the Army Commendation with three Oak Leaf Clusters, the Good Conduct Medal, the National Defense Service Medal, the NCO Professional Development Ribbon, the Overseas Service Ribbon, the Army Service, the U.S. Army Recruiter Badge, the U.S. Army Recruiter Ring, the U.S. Army Career Counselor Badge, and the U.S. Airborne Badge.



# Fifth Army soldier adds citizenship to success

By Master Sgt. Don Thomas  
Special to the News Leader

Fifth Army Sgt. Jesus Vallejo is proof that becoming a U.S. citizen is not about passing an exam; it's about staying determined.

Standing proudly in his dress green uniform among a crowd at the Institute of Texan Cultures waiting for the start of the citizenship ceremony, Jan. 24, he reflected on some of the obstacles he'd overcome since moving to San Antonio at age four from his birthplace of Allende, Mexico. He'd been a high school dropout with a family to feed. He had a weight problem that almost kept him out of the Army, and he had his first citizenship packet lost.

"I was 18 years old and I quit school with about half a year left to graduate. I'd just gotten married and my son was coming along. I started working at places like Bill Miller and HEB but that wasn't cutting it. It got as bad as getting on welfare. But that really didn't work for me and I got up off my butt and decided I wanted to join the Army," said the 25-year-old father of two.

When he approached the Walzem Road Recruiting Office in early

1996, Vallejo was surprised to learn it takes more than just walking through the door to enlist in the Army. He recalled his first encounter with Army standards:

"The Army wasn't taking GEDs so I had to graduate. I went back to night school, working during the day, and got my high school diploma."

But a heavy workload wasn't the only thing Vallejo carried in those days. He was also carrying 205 pounds on his five-foot-eight-inch medium frame, far from meeting the Army's weight standard. He followed the advice of a nutritionist he met at the recruiting station and six months later he met his weight goal and the Army standard, enlisting at 175 pounds.

A non-athletic type at central San Antonio's Fox Tech High School, Vallejo found basic training at Fort Knox, Ky. hard, but he knew if he toughed it out, the Army held opportunities for him and his family.

One person who's proud Vallejo did tough it out is his present boss, Fifth Army Deputy Commander, Maj. Gen. Robert Clark, who Vallejo drives for.

"To me Vallejo is already



Photo by Master Sgt. Don Thomas

everything a citizen ought to be. He's one of the best soldiers I've met. The Army is an opportunity for him to develop his leadership skills and get more education, which he plans to do," said Clark, who called witnessing the citizenship ceremony "an inspirational experience."

Vallejo recently re-enlisted and decided to make the Army a career. He's hoping that this decision, plus his U.S. citizenship, brings even more opportunities.

His hope was reinforced when he

heard the story of Wallace Jefferson, guest speaker at Vallejo's citizenship ceremony. Jefferson, the first black justice appointed to the Texas State Supreme Court, told the 226 new citizens about the wonderful irony of how the great, great, great grandson of a former slave who belonged to a Texas judge, could become a Texas Supreme Court Justice.

"I share my story in case there's any doubt about the extent of opportunities as an American citizen,"

said Jefferson.

Vallejo was inspired by the speech. "It put something in people heads; that no matter where you come from or your past, you can be a success," said Vallejo, who, according to Clark is a shoe-in for success.

"I have no doubt about it. For a guy like him the sky's the limit. Being a soldier is all part of the formula that will make him a very successful American citizen," said Clark.

◀Sgt. Jesus Vallejo, Headquarters Fifth U.S. Army, receives his certificate of citizenship from an Immigration and Naturalization official at San Antonio's Institute of Texan Cultures, Jan. 24.

# With tobacco policies, the Army will not be ‘up in smoke’

By Capt. Desmond Nakamoto  
Office of the Staff Judge Advocate

Since the issuance of the Surgeon General’s opinion that smoking causes cancer, respiratory disorders, and a host of other health problems, the Army has instituted a number of tobacco use policies. For example, smoking is no longer permitted in U.S. Government buildings and is restricted to specific areas adjacent to those structures. We also encourage smokers to quit and provide smoking cessation assistance classes.

At Fort Sam Houston, the Center Brigade has issued a policy letter prohibiting all initial entry soldiers from using tobacco products from the time they arrive at Fort Sam Houston until their graduation from a Military Occupational Specialty producing course. The policy

letter also prohibits all military and civilian personnel who command, supervise, instruct, train or support initial entry soldiers from using tobacco products in their vicinity. AAFES has taken an active role in supporting the Center Brigade’s policy by posting signs at every cash register reminding initial entry soldiers of the prohibition on tobacco use. In addition, AAFES employees will not sell tobacco products to uniformed initial entry soldiers.

The state of Texas has similarly enacted a number of laws concerned with smoking, to include some that are specifically designed to protect children from the health risks associated with smoking. By federal law, these state laws apply on Fort Sam Houston. As a result, violators of these and other state laws are subject to prosecution in U.S. Magistrate’s

Court.

In the state of Texas, anyone under 18 years of age who smokes tobacco or uses other tobacco products (such as chewing tobacco) violates a Texas law that is generally punishable by a fine. Specifically, Texas prohibits individuals under 18 years of age to possess, purchase, consume, or accept a tobacco product, or falsely represent their age in order to obtain a tobacco product. This offense is punishable by a fine not to exceed \$250.

There is one small exception to these general prohibitions. It is not an offense for a minor to possess a tobacco product in the presence of an adult parent, guardian, or spouse, or an employer, where possession or receipt of the tobacco product is required by the employee’s duties. Further individuals who sell tobacco products to a minor

commit a crime, unless the juvenile who purchased the tobacco product presented an “apparently valid proof of identification.”

State courts are required to send offenders to a “tobacco awareness program” or assign “tobacco-related community service” to prevent future violations of the law. These court-ordered activities are designed to be remedial in nature rather than punitive. On Fort Sam Houston, juvenile offenders are referred to the Juvenile Review Board, which, in appropriate cases, may impose this kind of remedial activity. The JRB is composed of representatives from the Military Police, Installation Chaplain’s Office, and Office of the Staff Judge Advocate.

Although Texas law does not penalize parents of a juvenile who violates the tobacco use

statute, a state court may require the parent or guardian to attend tobacco awareness classes along with the juvenile offender. The Fort Sam Houston JRB may require parents of juvenile tobacco offenders to do the same.

On Fort Sam Houston, military police personnel are authorized to ticket or warn minors who possess, purchase, consume, or accept tobacco products. They can also confiscate tobacco products in the possession of juveniles. Family members ticketed by the MPs for tobacco violations will normally have their cases forwarded to the JRB for appropriate action.

Public awareness of the health risks associated with smoking, as well as the laws specifically focused on juvenile smoking, will help us in our efforts to provide our youth with a safe and healthy environment in which to grow and develop.

# Quality of life to improve for soldiers, families

From **Manage** Page 1

and the Pacific, and to have six stateside regions, he said.

“If you’ve seen one installation, you’ve seen one installation. They’re not alike,” Van Antwerp said. “So we’re working on how to balance the regions.”

Other plans that have not been outlined are how staff organizations such as the Chaplain office, Public Affairs and Staff Judge Advocate will fit into the equation.

“We asked those functional elements to tell us what the operation and organization should look like for their area,” Van Antwerp said. “I’m not going to make those kinds of decisions.”

An option to help save the Army money with the centralized program is to buy utilities in bulk by contracting one company to service a whole region.

“We really feel that one of the benefits of having a corporate-like structure is to go after larger contracts to service multiple installations,” Van Antwerp said. “There’s a better way of doing business ... rather than each installation having separate contracts and separate agreements.”

Planning for Centralized Installation Management is still in its early stages. MACOM and garrison representatives contacted said it is still too early for

them to comment on how the initiative may change their lives or affect the soldiers that they currently command.

Both MACOM and garrison commanders will still play a role in installation management, Van Antwerp said.

“MACOM commanders are still going to be very concerned about their soldiers. So they’re going to play in the process of what we build on their installations,” Van Antwerp said. “What they won’t have is the ability to move the funds around that were intended for the installation because those funds will be fenced.

“Garrison commanders will have more authority over

funding, resources and their people. There won’t be as many loopholes at levels above the garrison, which will cause more funds to be available at the garrison level.”

Downsizing will ultimately take place, Van Antwerp said, and people are already expressing concern.

“We expect that most of the people to work in the regional installation offices will come from MACOM staffs. It’s possible that there will be new hires because we’re going to have full and open competition for the different positions,” Van Antwerp said. “So there should be plenty of opportunity for people.”

From **Budget** Page 1

budget were designed “to help us ensure that Americans will be able to live in peace and freedom in the 21st century,” he said.

Rumsfeld also answered several questions about the president’s intentions when, during his Jan. 29 State of the Union address, he referred to Iran, Iraq and North Korea as threats. The president called these countries grave dangers and said, “The price of indifference would be catastrophic.

“The United States will not permit the world’s most dangerous regimes to threaten us with the world’s most dangerous weapons,” Bush said.

Rumsfeld said the leaders of those countries should take Bush at his word.



# Fort Sam Houston prepares for new ID card

By Edward Rivera  
Fort Sam Houston Public Affairs

A U.S. Army UH-60 Blackhawk helicopter is valued at about \$10 million, the USS Enterprise costs approximately \$4.5 billion, and an F-22 Raptor, \$150 million. Gaining access to these incredible machines by U.S. military members to preserve freedom, priceless.

Soon access to Department of Defense installations, equipment and communications won't be possible without the new DoD smart card.

Since 1993, the DoD has been evaluating smart card technology. Successful pilots and demonstrations in the late 1990s resulted in the DoD directing the use of smart card technology for multiple applications creating the Common Access Card. Now the Common Access Card is here.

The CAC will be the standard identification card for active duty military personnel, selected Reserve, DoD civilian employees and eligible contractor personnel. The CAC will also be the principal card used to enable physical access to buildings and controlled spaces and for logical access to the DoD's computer networks and systems.

Fort Sam Houston received eight workstations Jan. 28. After three days of setting up and training, the Identification Card Section began issuing CACs Jan. 31.

"For the moment only those individuals with a genuine need, such as, change in grade, unserviceable, and lost or stolen cards will be issued the new cards," said Chief Warrant Officer 2 Raymond L. Batton, Chief, Military Personnel Division. "Once the clerks work out all the details with software and connectivity with other systems and become more proficient, a more wholesale fielding plan for the post will be implemented."

According to Batton, the ID card section wants to avoid delays and long lines by limiting the distribution to those who need the card. "Eventually, by October 2002, we hope to issue the majority of post workers their new cards," said Batton.

This new credit card sized CAC can have one or more embedded memory and or microprocessor integrated circuit chips. In addition to the chip, the CAC also contains a linear barcode, two-dimensional barcode, magnetic stripe; color digital photograph and printed text.

In order to get your CAC quickly, Bertram Howard, Defense Enrollment Eligibility Reporting System (DEERS) and Real-time Automated Personnel Identification System (RAPIDS) field service representative, recommends ensuring you have all required paperwork, such as two forms of identification and a



◀Carmen Quinteros, military personnel specialist at the Identification Card Section in Bldg. 367, downloads a soldiers military information into a newly printed Common Access Card before issuing it.

Photos by:  
Edward Rivera



◀Chief Warrant Officer 2 Raymond L. Batton has his fingerprint scanned by Carmen Quinteros, military personnel specialist at the Identification Card Section in Bldg. 367.

six to eight digit personal identification number already in mind.

The CAC will use three different identifiers, a picture, fingerprint, and personal identification number. These are all inputted when the card is made.

"The process should take about 10 minutes for each card," said Cecil J. Johnson, program manager at the post Information Technology Business Center.

Carmen Quinteros, military personnel specialist, said she has had little trouble processing the new cards. "Some of the delays we've encountered have been due to defective chips or not being able to get a clear fingerprint scan," said Quinteros.

Originally tested as an updateable, individually carried data storage device, the Department's smart card mission has evolved to require an interoperable, backward compatible device for secure on-line data transfer and on-line transactions.

The CAC's integrated circuit chips have a cryptographic co-processor to enable it to serve as a token for the Public Key Infrastructure identity, email and encryption certificates.

According to Johnson the card provides users with a public and private key.

"For instance, if you are sending an e-mail or need to gain access to a controlled building, the receiver will be able to verify who is sending the e-mail or is requesting access to the facility," explained Johnson.

Today the card's main

purpose is for identification and eligibility of benefits. But the CAC will perform many more functions. It will eliminate the need for existing building and controlled space passes. Eventually computer and network access will be controlled via the CAC.

"We are still in the early stages of implementation," said Johnson. "Once the rest of the infrastructure is in place the CAC will be used for identification, daily use at work, access training and career information and in some cases to conduct official financial transactions."

As DoD members, both military and civilian on post, we are ready to take on our enemies and protect our way of life here and abroad. But soon you may not be able to unless you carry the DoD's Common Access Card. Remember don't leave home without it.



▼Chief Warrant Officer 2 Raymond L. Batton enters his personal identification number for his new Common Access Card in Bldg. 367. The CAC will be the standard identification card for active duty military personnel, selected Reserve, DoD civilian employees and eligible contractor personnel.

## Smart Card Recipients

### The CAC will be issued to the following:

- Active duty military
- Selected Reserve
- Department of Defense civilian employees
- Eligible contractor personnel

### The CAC will not be issued to the following:

- Family members
- Retirees
- Disabled American Veterans
- Inactive Ready Reserve
- Inactive Guard



**Home buying seminar, March 12**

The Family Housing Office will sponsor a home buying seminar at noon on March 12 at the Roadrunner Community Center, Bldg. 2797. Bring a sack lunch and join us for an interesting and informative seminar. For information call 221-2341.

# AMEDDC&S instructors welcome students' third Job Shadowing Day

By Bruce Nelson  
Special to the News Leader

For the third consecutive year, local high school students had an opportunity to observe medical and veterinary-oriented job disciplines and discuss Army medical career opportunities with Academy of Health Sciences (AHS) and 232d Medical Battalion instructors during the annual Groundhog Job Shadowing Day.

Eighteen students from MacArthur High School spent the morning talking with staff and faculty members and "shadowing" the various medical track career fields offered by the

Army Medical Department. The AHS Departments of Medical Science, Nursing Science, Dental Science, and Preventive Health Services were showcased with extensive exhibits in the AMEDDC&S's Blesse Auditorium. A notable addition this year was the AHS Department of Combat Medical Training, proponent for Military Occupational Specialty 91W, Health Care Specialist.

Simultaneously, 16 MacArthur students who had chosen to "shadow" the veterinary technician track traveled to the Department of Veterinary Science animal

medical branch where they observed microscopic analysis of canine parasites and small animal clinical assistance procedures. From there they moved to the food protection branch to work with food handling and inspection procedures.

Although not participating as part of the local high school Job Shadowing program, students from the Del Rio, Texas, high school Health Occupations program were also invited to attend the AMEDDC&S event as a part of their career studies program. Following their visit to the AMEDDC&S,

► Staff Sgt. Scott Hoffman, Respiratory Therapy course instructor, Department of Medical Science, Academy of Health Sciences, demonstrates use of the spirometer for measuring lung function to MacArthur High School students during Job Shadowing Day 2002.

Photo by:  
Bruce Nelson

the students toured the 228th Combat Support Hospital, located on the site of the Fort Sam Houston heliport. The Job Shadowing program allowed the



students to experience first-hand the Army Medical Department's capabilities and explore the possibi-

ties for education in the diverse areas of the health sciences as well as the opportunities offered by military medical training.

# ‘Random thought’ leads to knowledge revolution

By Patrick Swan  
Army News Service

A “random thought while running” has led to more than 800,000 soldiers and Army civilians getting “www.us.army.mil” portable e-mail accounts and access to a host of Army Web-based information.

That random thought belonged to now-retired Gen. Dennis J. Reimer, who explained the details of his inspiration during a Jan. 28 visit to the G-6 Chief Technology Office at Fort Belvoir, Va. — home of Army Knowledge Online.

As the Army’s chief of staff from 1995 to 1999, Reimer wanted an informal and timely way to convey his intent to the Army’s strategic leadership. He explained to the CTO staff how he found the solution through e-mail. This then-emerging technology allowed him to educate and mentor the Army’s general officer corps with minimal fanfare.

“What we needed was something to supplement the regular information channels during this period of enormous and fast-paced change,” Reimer said. “Initially, it was one-way communication, from me to the field. We knew this system had the potential to grow to be a virtual think-tank. But first we had to get our people comfortable with the fundamentals — we literally had to change the culture. I was fortunate that

*“Emerging technologies need champions.  
This cannot be a one-shot deal.  
The younger officers are comfortable with this technology,  
but some of the older officers  
needed a little push to get on board.”*

**Gen. Dennis J. Reimer**

there were some real experts available to work out the tough issues and my part was relatively easy.

Reimer forced that comfort level by sending his newly titled, “Random Thoughts While Running” to general officers only through e-mail. To keep informed, the 300-plus general officers first had to become comfortable using Army-issued laptop computers.

Later, when addressing pre-command classes at Fort Leavenworth, Reimer encouraged students to submit questions on their critique sheets that contained their return e-mail address. The former chief said he sent back personal, e-mailed responses in just a few days.

From basic e-mail mastery, Reimer then pursued the use of online-chat sessions on specific relevant issues with the new brigadier general select-

ees. He noted that e-mail input from the general officer corps even convinced him to modify his position on the Army’s new Officer Evaluation Report, first implemented in October 1997.

“Emerging technologies need champions,” Reimer said. “This cannot be a one-shot deal. The younger officers are comfortable with this technology, but some of the older officers needed a little push to get on board.”

In 1999, the Army established the Army Portal, also known as Army Knowledge Online, as a one-stop-shopping site for Army information. Building on Reimer’s work, in August 2001, his successor, Gen. Eric K. Shinseki, and Army Secretary Thomas White, mandated all Army (active, Guard, Reserve and Department of the Army civilian) personnel obtain unique e-mail accounts

through the portal’s address: “www.us.army.mil.” These accounts stay the same no matter where soldiers and civilians are stationed worldwide.

The AKO portal is a central part of the overall strategy to transform the Army into a “network-centric, knowledge-based force” through something called, “Army Knowledge Management.” AKO customers use the portal for a broad range of both business and tactical processes and services to include those in the personnel, logistics, acquisition and e-learning areas.

“AKO provides a series of useful tools for the Army’s knowledge management tool set,” said Col. Robert Cox, the G-6 chief technology officer.

Today, the AKO “tool set” is recognized among the military services — and around the world — in apply-

ing Knowledge Management concepts and technologies to the enterprise level of the Army. InfoWorld recognized the AKO portal as 10th in the nation (out of 100 organizations) in November 2001 for its innovative performance in using cutting-edge technologies to improve mission performance. And in December 2001, CIO magazine selected AKO as one of the top 50 web sites based on “...usefulness, ease of navigation, business value, survival prospects, design and credible content” according to CIO Magazine.

None of this seems surprising to Reimer, whom the CTO staff briefed on the progress of his “random thought while running” concept.

“The pace is only limited by imagination and how fast the whole Army becomes comfortable doing business this way,” Reimer said. “Our movement toward enhanced situational awareness on the battlefield, which relied so heavily on information technology, convinced me that we had to implement this system during day-to-day operations so that the transition from peace to war became as seamless as possible. And I knew once our leaders started using it, they would find ways to take it far beyond anything I could imagine. And that is exactly what the CTO has done.”

(Patrick Swan is a public affairs liaison officer with the Chief Information Officer/G-6.)



# Military study seeks civilians' views

Survey asks about Army culture, employee job satisfaction

By Denver Beaulieu-Hains  
Army New Service

More than 95,000 Army civilians will be asked to complete a survey in what some say is an unprecedented attempt to include civilian input with military findings in the final phase of the Army Training and Leader Development Panel study.

ATLDP, the largest study of its kind, has been gathering information from surveys, focus groups and one-on-one interviews with soldiers and family members, over the past year and a half. The first three phases of the study focused on Army officers, NCOs and warrant officers.

The civilian study was added in an attempt to assess the total state of the force, officials said.

Maureen Viall, chief of Plans and Strategies for the assistant secretary of the Army (Manpower and Reserve Affairs) is

the civilian study director. "The ATLDP civilian study is particularly timely," Viall said. "Because the Army's future state is the nucleus of our transformation and this study — along with cutting-edge initiatives such as Civilian Personnel Management System XXI — support the transformed Army."

"Civilians are part of the total force, and our inclusion in this study really demonstrates that," said Sharon Scott, an employee development specialist temporarily detailed to assist with the implementation of the project. "It's important that every civilian who gets one completes it and returns it no later than Feb. 28. There have been dramatic results already from the previous phases of the study.

The broad-based civilian survey asks questions about Army culture, employee job satisfaction, and seeks to determine if civilians believe that

operational and institutional training is encouraged and available to enhance their job performance, said Scott.

Some of the changes following the previous panel recommendations affect both soldiers and family members.

One initiative will offer soldiers who have a high school senior the opportunity to request stabilization at their present duty station. It allows them to delay moving their family to a new location until after graduation.

Based on panel recommendations, Army Chief of Staff Gen. Eric K. Shinseki directed the rewrite of training manuals FM 25-100, Training the Force and FM 25-101, Battle Focused Training.

"Civilians are leaders, too. Civilians are supporting soldiers and soldiers can't go to war without civilians," said Beth Jones, personnel management specialist with 30 years of Army civilian service who is also working with the project. "It is important that we assess training and leader development of the entire Army—both military and civilian."

*"Civilians are part of the total force, and our inclusion in this study really demonstrates that. It's important that every civilian who gets one completes it and returns it no later than Feb. 28.*

*There have been dramatic results already from the previous phases of the study."*

**Sharon Scott**  
*Employee development specialist*

Both Scott and Jones say the anonymous survey is a valuable opportunity for employees to impact change, insure attainment of the civilian objective force to support transformation, and build cohesiveness between the Army's soldiers and civilians.

## Installation Status Report mandatory training scheduled

A mandatory training orientation will be held on Feb. 12 from 10 to 11:30 a.m. and Feb. 13 from 1 to 2:30 p.m. in the Public Works Scheduling Room (A22), building 4196. Building managers or their representatives must complete Part I of the Installation Status Report training. All Fort Sam Houston, Camp Bullis and Canyon Lake units will be presented. Attendees will be provided with the documentation needed to assess the infrastructure of each of their assigned facilities. For information, call Teresa ElHabr at 221-4557 or 295-4782.

# Army Medical Materiel personnel discuss challenges

## Transporting, managing refrigerated medical supplies is issue at hand in discussion

By Capt. Mark C. Probus  
Special to the News Leader

The Logistics Management Branch under the Department of Healthcare Operations at the AMEDDC&S recently sponsored a Joint Professional Development Workshop at Fort Sam Houston for Army and Air Force personnel who wanted to sharpen their skills in managing refrigerated medical supplies. Lt. Col. Marc L. Caouette and David Orgler, of the U.S. Army Medical Materiel Agency discussed the challenges logisticians frequently encounter when distributing medical supplies such as the Anthrax Vaccine, which requires refrigeration from the manufacturer to the patient's arm.

More than 50 Army, Air Force and Department of the Army civilian personnel participated in this Homeland Defense workshop designed to

certify the San Antonio military medical logistics community on the current standards for handling medical supplies requiring cold chain management.

The USAMMA formed the Focused Distribution Management Branch on February 17, 1998 as a result of former Defense Secretary Cohen's approval of the implementation of the Anthrax Vaccine Immunization Program for the total force. The U.S. Army was made the Executive Agent for this program.

Last month, the FDMB was reorganized due to its expanding mission to form USAMMA's Distribution Operations Center. Prior to the DOC, the World Health Organization estimated that 60 percent of vaccine shipments were compromised from exposure to either excessively warm or cold temperatures

during shipment. This disturbing statistic was exacerbated in 1998, when 200,000 doses of Anthrax Vaccine were frozen during shipment from the continental United States to the U.S. Army Medical Materiel Center, Europe. The mishandled shipment was suspended from human use, and replaced with properly packed and protected vaccine doses. Since this costly event, the DOC at USAMMA has reported a 99.8 percent success rate in shipping vaccines from their origin to the requesting activity.

Caouette is a Medical Service Corps Pharmacist and the Director of the Operations and Support Directorate at USAMMA. He is the DOC's release authority for human use of the Anthrax vaccine. "Today, all vaccines are used only after I verify the cold chain has been properly maintained throughout the entire shipping

time," asserted Caouette. This is no small task, since the DOC currently supports approximately 678 locations spanning the globe. "In the past," Caouette continued, "refrigerated vaccines such as the Anthrax and Influenza were lost due to freezing." But as the current success rate boasts, personnel involved in handling refrigerated vaccines today realize exposure to extreme temperatures will nullify its potency.

Orgler added, "Moving medical supplies from southwest California to southwest Asia between 33-77 degrees Fahrenheit is a difficult task, but our medical logisticians have become experts at doing just that." Packing protocols are now specific to the vaccine's required temperature, and the climate the container will be exposed to during shipment.

The Homeland Defense workshop included demonstra-



Photo by Chief Warrant Officer Donald Kelley

tions of the latest equipment used to ensure proper insulation and protection during the shipment of temperature-sensitive medical supplies. Logisticians attending the workshop learned the capabilities of the Endurotherm, VaxiCool and VaxiPac packing systems; all proven effective by the digitally monitored TempTale devices that record a temperature history of refrigerated medical supplies while in route from the original location to the requesting activity.

USAMMA constantly uses internal U.S. Research and Materiel Command experts as well as third party vendors when evaluating both shipping and monitoring devices to ensure the Department of Defense is using the most current technological advances available in the marketplace. Future improvements include compressor and insulation technology, and Radio Frequency tracking of vaccine temperatures. RF would transmit the condition of refriger-

◀ Air Force Master Sgt. Robyn Gamble and 1st Lt. Jeffrey Eyink join Army Cap. Scott Woodard and Department of the Army Civilian Mike Bartkowski in a closer look at the VaxiCool system.

ated medical supplies in real time from the commercial carriers around the world to a USAMMA approval authority via an internet-based system. Advances such as this are invaluable in the continuing effort to improve the health care system, and the service member's quality of life.

The Logistics Management Branch at the AMEDDC&S will soon include cold chain management as a part of its program of instruction. Interested personnel should contact the LMB Kilo Team at DSN 421-4187 or commercial (210) 295-4187.



# TRICARE claims information for prime members

## Where, what and how to file your claim

If you are a TRICARE Prime member or you participate in TRICARE Extra, you generally will not need to file a claim when you receive health care services. Your health care provider will forward completed claim forms to Health Net Federal Services. However, if you access care while travelling outside your service area, you may be required to pay for a covered service and file the claim yourself. If you are a TRICARE Standard member,



depending on whether the provider you use is a TRICARE participating provider, you may have to pay for services up front and you may have to submit claim forms to get reimbursed. TRICARE participating providers are required to file claims for beneficiaries, and providers submit 97 percent of all TRICARE claims. However, if the provider is non-participating, the beneficiary may need to

file the claim. **What you will need to include with your claim:**

Whether you or your provider files a claim for payment of your medical bills under TRICARE, you need to know some basic rules to avoid claims processing problems. When you send in a TRICARE claim, make sure you include:

- A completed Department of Defense Claim Form #2642.
- The itemized bill from the provider(s) who treated you, including procedure and diagnosis codes.
- The sponsor's social security number on all pieces of correspondence and the patient's name, address, and date of birth.

- A brief explanation of your medical treatment, including the diagnosis, place of service, number and frequency of each service, and the date of care.

- Any Explanation of Benefits from your other health insurance, if any.

- Claims must be filed within one year of the date of service, or within one year of the date of an inpatient discharge.

- Claim forms are available at your local TRICARE Service Center, from Beneficiary Counseling and Assistance Coordinators/Health Benefits Advisors, on the Military Health System/ TRICARE web site at [www.tricare.osd.mil/](http://www.tricare.osd.mil/)

ClaimForms or by calling (800) 406-2832. You should also make sure you are properly listed in DEERS (Defense Enrollment Eligibility Reporting System) as being eligible for TRICARE benefits. If you are not properly listed, your claim will be denied. You can check your DEERS status by calling (800) 538-9552.

In addition, you should make certain to update your information with Health Net Federal Services. TRICARE Prime enrollees should also update their information with their Primary Care Manager. If you have questions about your claim after

you send it in, you can call Claims Customer Service at (800) 406-2832.

### About collection notices:

If you receive a bill from your provider that you don't agree with, or a notice from a collection agency regarding an unpaid TRICARE bill, don't ignore it. Help is available in several ways:

- ~ If it's a bill that you disagree with, contact your provider
- ~ If it's a collections notice, call the "Collections Hot Line" at (800) 977-7310
- ~ Call or visit your TRICARE Service Center
- ~ Contact the Debt

Collection Assistance Officer. To find the DCAO nearest you, refer to the listing on the TRICARE web site at [www.tricare.osd.mil/dcao/](http://www.tricare.osd.mil/dcao/) DCAO\_Directory.doc

### Where to send claims:

For Region 6, send all claims to: Health Net Federal Services, c/o WPS/TRICARE, P.O. Box 8999, Madison, WI 53708-8999.

***Note:** If you are traveling and receive medical care outside your region, you need to file your claim in the region you live, not in the region where you receive the care.*

# Soldiers celebrate Dr. Martin Luther King’s legacy

By Emily B.D. Freeman  
Special to the News Leader

Soldiers gathered at the Hacienda Recreation Center on Jan. 25 to celebrate and reflect upon the life and legacy of Dr. Martin Luther King Jr.

Command Sgt. Maj. Sandra Townsend, Center Brigade, began the celebration by reminding the soldiers that Dr. King’s lessons of tolerance and acceptance are especially relevant in today’s society and that they are necessary in military life.

Following Townsend’s opening remarks, the soldiers watched a slide presentation featuring the major highlights of Dr. King’s life. The soldiers then sang “Happy Birthday” in honor of Dr. King.

In addition, the soldiers signed a



Photo by Emily B.D. Freeman

▲ Approximately 150 soldiers assembled at the Hacienda to commemorate Dr. Martin Luther King’s legacy and reflect on the impact he made on their lives. Here a soldier expresses his sentiments on a giant birthday card the soldiers signed to pay tribute to Dr. King.

birthday card for Dr. King, which included the soldier’s thoughts on how he influenced their lives. The messages were judged and a prize awarded to the winning sentiment,

which was written by Pfc. Rudolf Burgherr, E Company, 232<sup>nd</sup> Medical Battalion. He wrote: “Dr. King - Thank you for doing the right thing and not taking the easy road.

Although man still struggles today, your sacrifice has opened not only our eyes, but our hearts as well. May God keep you in his presence always.”

# Veterinary Treatment Facility offers economical services for your pets

By Capt. James A. Amyx  
Special to the News Leader

Taking advantage of the Veterinary Treatment Facility can save a family with one dog and one cat an average of \$150 per year. The Fort Sam Houston VTF provides vaccinations, health exams, and minor sick calls at a substantially reduced cost. The VTF sells a variety of prescription and non-prescription heartworm and flea preventatives, as well as other products for your pet. In order to purchase products, your pet must have been seen by an

Army Veterinarian within the past 12 months, and must be registered at the VTF.

Registration is free, and only requires proof of vaccinations and a sponsor’s Military ID card. Active duty soldiers, retirees, and their family members are authorized services at the VTF. Reservists are authorized services if they are on active duty orders for more than 29 consecutive days.

Clinics are held Mondays, Wednesdays, Thursdays, and Fridays from 8:30 a.m. to 4 p.m. Walk-ins will be seen, however, this is discouraged, as it may incur a substantial waiting time. The VTF is located in Bldg. 2635 on Harney Road directly behind the Harlequin Dinner Theatre.

The Fort Sam Houston VTF will be offering a walk-in vaccination clinic on Saturday, Feb. 23, for your convenience.

To schedule an appointment or for information on services or products, please call 295-4260, or stop by the clinic. The clinic is open Monday through Friday from 8 a.m. to 4 p.m.





# Fifth Army, Fort Sam Houston co-host future ‘greatest generation’

By Master Sgt. DonThomas  
Special to the News Leader

Fifth U.S. Army, along with Fort Sam Houston Garrison and San Antonio Recruiting Battalion co-hosted Groundhog Job Shadow Day, Feb. 1 on Fort Sam Houston.

Job Shadow Day is a DoD supported community partnership program that allows students to interact with soldiers and view daily activities on a military post. Students are given the opportunity to enhance their educational experience while acquainting themselves with the multitude of career opportunities available in the Army.

This year’s program featured MacArthur High School.

Students from MacArthur toured Fort Sam Houston, lunched at a dining facility and visited various military job venues, including Military Police, Veterinary, Medical and Dental.

Fifth Army Commanding Lt. Gen. Freddy E. McFarren welcomed the 120 students at the MEDCOM auditorium. He called the day an opportunity to “share the military lifestyle.” He told students the one thing he hoped they’d see during their visit is that the Army is very caring about its soldiers.

McFarren compared the students to World War II’s “Greatest Generation,” saying the decisions made by their generation would also greatly impact the country, especially in the aftermath of September 11. He said their responsibilities would be great but added there has to be a balance to it all. “Enjoy your youth. Don’t grow up too fast. And have fun,” he said.

Administrators, some of whom accompanied the students to Fort Sam, said the general’s message was timely.

“The general set a perfect beginning for what’s going to follow today,” said Dr. Barbara Menconi, Northeast Independent School District Office of Career and Technology. “It allows students to think about the fact that their generation will have an extremely important role to play. The results of what they do will affect future generations way beyond, much like how the successes of WWII veterans allowed us to do things today.”

Menconi called the San Antonio area military a “hugely important area for students to know about.”

“I think it’s extremely important for students to have choices. And it’s important for our young

people to know about the careers available for them in the military today,” said Menconi, who has 23-years as a school administrator.

Students, like seniors Mark Richter and Joy Cardenas, said the Groundhog Shadow Day visit would help them narrow their career choices.

“I’ve learned some cool stuff about forensics, fingerprinting and hostage negotiations. The visit today is pretty cool, a nice experience,” said Richter, who has narrowed his choices to either joining the military or attending college in Texas, New Jersey or Indiana. He said the military decision requires more serious thought now with the prospect of war after September 11.

Cardenas said she is already sure she wants to go into the military. “This (visit) teaches us what’s out there and what we need to know. I always wanted to go into physical therapy but taking law enforcement classes my senior year has showed me something new that’s exciting and different,” said Cardenas, as she left the Military Police venue.

“Today makes the military seems like an even better decision, especially after 9-11,” said Cardenas. “It’s our turn to take over. We’re the next generation.”



▲MacArthur High School students watch as handler, Staff Sgt. Orlando Nunez, restrains a military working dog during a demonstration on Groundhog Job Shadow Day at Fort Sam Houston.

Photos by:  
Master Sgt.  
Don Thomas

▲MacArthur High School Student, Toranda Scott, examines Army Criminal Investigation Division hostage negotiation equipment during Groundhog Job Shadow Day at Fort Sam Houston on Friday.

# Army’s ISR selects their NCO and Soldier of the Year

The U.S. Army Institute of Surgical Research proudly announces their NCO and Soldier of the Year.

This year’s NCO of the Year is Sgt. Sharon Hodges. She is the noncommissioned officer-in-charge of the Clinical Chemistry and Hematology Laboratories. In addition to testing clinical and research samples for 25 research studies, Hodges is responsible for the personal and professional development of four soldiers and manages the daily operation of \$1.3 million worth of laboratory instruments. She is a native of Mobile, Ala.

The Soldier of the Year is Spec. Esmeralda Hernandez. She is a Biological Science Research Assistant. Hernandez assists in surgical and laser research protocols as well as clinical biochemistry at the ISR. She is a native of Corpus Christi, Texas.

Both Hodges and Hernandez will represent the U.S. Army Institute of Surgical Research at the Medical Research and Materiel Command NCO and Soldier of the Year competition this week in Baltimore, Md.



Spec. Esmeralda Hernandez



Sgt. Sharon Hodges

## USO free income tax service available

USO offers free income tax preparation for active duty military members every Saturday from 10 a.m. to 2 p.m. through March 10. The forms will be prepared by IRS trained volunteers. No state income tax or business returns will be prepared. For information or appointment, call 227-9373, Wednesday through Saturday.

## February Promotions

The following promotions are announced for February:

- |   |   |
|---|---|
| <b>To Colonel:</b><br>Gary Norris   | Edward Figueroa-Padilla<br>Daniel Fiore<br>Ellery Gotay<br>April Harris<br>Ronald Holmes<br>Melissa McFraizer<br>Nathan Raine<br>Ervin Talley<br>Jimmy Temples<br>Travis Wewers<br>Willie White |
| <b>To Lieutenant Colonel:</b><br>Tracy Chavis<br>Jeannine Kauzel<br>Nacian Largoza<br>Eric Walters  |   |
| <b>To Major:</b><br>Deborah Belanger<br>Michael Benjamin<br>Eric Maroyka<br>Alan Ueoka  |   |
| <b>To Captain:</b><br>Christal Archibald<br>Ted Chapman<br>Laura Depalma<br>Chanda Heer<br>Leah Kernan<br>Buffy Koehn<br>Bradley Ladd<br>Gerardo Lopez<br>James Mitchell<br>Jennifer Powers<br>Samuel Spitzberg | <b>To Staff Sergeant:</b><br>Joshua Fleck<br>Bryan Goos<br>Danny Jimenez<br>Stacey Lent<br>Calvin Pouland<br>Mary Reese<br>Adam Tripp<br>Jeremy Vis<br>Brad Watson<br>Shannon Zuckerman         |
| <b>To Sergeant Major:</b><br>Harry Pomeroy  | <b>To Sergeant:</b><br>Shawn Castillo<br>Stacie Clark<br>Michael Coombes<br>Kimberly Diaz   |
| <b>To Master Sergeant:</b><br>Kelly Considine   |   |
| <b>To Sergeant 1<sup>st</sup> Class:</b><br>Christopher Ashley<br>Daniel Baker<br>David Falk  | John Pouerie<br>John Vanderhoof   |

## Vehicle washing guidance for post housing residents

Residents may wash vehicles in family housing areas under the following restrictions:

- Always use a nozzle or shut off valve on the hose or use a bucket.
- Do not waste water by letting it run continuously.
- Do not park on the grass while washing the vehicle.
- Follow current water restrictions, when imposed.
- For more information call 221-4842.





# A historic look at the Post Thrift Shop



1965 Army Photo

By Teresa Parker  
Special to the News  
Leader

Would you believe it all started as a series of rummage sales! In 1905, a group of military wives started to hold these sales to give financial aide to the Nursery at Fort Sam Houston. Then, at the request of military families, they began to take clothing and household items on a consignment basis. A small building was then made available for this purpose; thus the Post Thrift Shop was born.

As the Thrift Shop grew and more space

was required, several moves were made. However, the last move was in 1965 to building 230, Liscum Road. Through the years it has evolved into one of the largest military thrift shops in the world.

All members of the Armed Forces and their family members are allowed to consign usable items for up to 60 days. A 20 percent commission is collected on all items sold. Profits are used to help fund various community activities on Fort Sam Houston.

The Thrift Shop has always been

staffed by volunteers from the military community. Childcare reimbursement is available to volunteers with small children, provided arrangements are coordinated with the Thrift Shop in advance.

The Thrift Shop is opened on Wednesdays, Thursdays and the second Saturday of each month from 9 a.m. to 2 p.m. Consignments are taken until noon on these days. The thrift shop is open to the public.

To volunteer or for information, call 225-4682 during business hours.

◀A group of volunteers assembled at the front entrance to the post Thrift Shop on February 10, 1965 witness the ribbon cutting for the new location of the shop in building 230 on Liscum Road. Front row, left to right, Eleanor Dunsmore, Mary Trigilio, Pauline Robertson and Peg Knorrning.

# Following the Army’s tattoo policy

By Capt. S. Charles Neill  
Special to the News  
Leader

The signs and advertisements can be seen around town and in the papers, “Tattoos! Body piercing! Open 24 hours.” Before soldiers walk into that tattoo parlor, they should know what the Army policy is.

The Department of the Army requires soldiers to wear their uniforms in a fashion that does not detract from overall military appearance. With regard to tattoos, uniform regulations state that they may detract from a soldierly appearance if visible while wearing the class A uniform. However, the mere fact that a tattoo or brand is visible while a soldier is in a class A uniform does not, by itself, constitute a violation of the Army tattoo policy. To violate the policy, the visible tattoo must detract from a soldierly appearance.

Certain tattoos are per se detractors from a soldierly appearance. These detractors include tattoos that:

- Demonstrate alliance with an extremist organization
- Are indecent, to include those that are grossly offensive to modesty, decency, or propriety and those that are vulgar, filthy, or disgusting in nature

- Are unreasonably large or excessive in nature.

Soldiers with prohibited tattoos can expect that commanders will counsel them concerning their need to have the offending tattoos removed in order to wear their uniform in a proper manner. Commanders

have no authority, however, to order soldiers to have their tattoos or brands removed.

If soldiers refuse to have prohibited tattoos or brands removed, the commander will probably take steps to ensure:

- Soldiers understand the policy

- Soldiers have the opportunity to seek medical advice regarding removal of the tattoos or brands

- Soldiers are counseled in writing that they are not in compliance with Army policy, and that their decisions not to remove the tattoos or brands could result in adverse

administrative action, including discharge from the Army. BAMC provides laser tattoo removal for active duty soldiers at no cost (if referred by a commander).



# Consistent exercise, daily habit changes, equal ...

American Forces Service

Innovations in equipment for the home and office have made quick work of chores. More and more of our waking hours are spent sitting, in front of a computer, in our cars commuting to and from work, and shuttling our families to and from. While our brains may get a workout, unfortunately our bodies are not.

"Our bodies truly prefer to be in a balanced state, a balance between activity and rest, calorie intake and calorie expenditure, stress and relaxation," said Karen Friedman, a physical therapist with the Deployment Health Clinical Center at Walter Reed Army Medical Center in Washington. "When a person experiences too little exercise, many complications can occur."

Complications can include loss of flexibility, muscle mass strength, bone density, endurance and weight gain; activity intolerance; stored stress; poor sleep, cardiac concerns, elevated blood pressure, and more. On the other hand, she said, a well-planned and consistent exercise program can positively impact on all of these concerns.

When we talk about exercise as part of a healthy lifestyle, Friedman said, we are speaking of making significant long-term changes in daily habits. A healthy lifestyle is not a hobby that you do whenever you feel like it. It involves making a commitment to look better, feel better and, in turn, perform our jobs and life roles more effectively.

For most of us, exercise does not happen unplanned. Implementing and maintaining a lifelong exercise program involves commitment and strategy. Two key strategies in adopting an exercise routine are to make it realistic and enjoyable.

"Exercise is beneficial for everyone. Our military personnel are in a culture that encourages physical fitness as part of daily routine and readiness requirements, Friedman said. "Civilians may also be in a climate that fosters a healthy way of life, but too often members of both groups find themselves with too little time and too much to do and no time to exercise."

A balanced exercise program, she continued, contains stretching for flexibility, cardiovascular activity to increase endurance, strengthening exercises to increase muscle mass and bone density, and variety to avoid repetitive stress injuries and boredom. Try to exercise 30 to 40 minutes at least three times a week, she recommended.

She discussed a sample program for five exercise

*"Exercise is good for everyone as long as you go about it intelligently. Whatever you do, select activities you enjoy. You will not stick with a program you hate."*

**Karen Friedman**  
Physical Therapist



▲The Jimmy Brought Fitness Center has a variety of cardio equipment.



◀The Jimmy Brought Fitness Center has an Olympic size pool available for laps and water fitness. Pool hours are 5 a.m. to 8:30 p.m. Monday through Friday and 9 a.m. to 5 p.m. on weekends.



▲Fort Sam Houston's sports complex, better known as the Jimmy Brought Fitness Center, offers a myriad of fitness activities. The staff at the center invites you to workout in their free weight room or use one of the many elliptical machines. Or, if you prefer something more sporting, try out for one of the many intramural sports activities offered, like basketball, volleyball and racquetball.

sessions a week. Try three sessions of cardiovascular exercise followed by stretching, she said, and two days of strength training with either machines or free weights followed by stretching.

Good choices among cardiovascular activities, she suggested, include walking or running on a treadmill or track; bicycling on a regular or stationary bike; swimming or water walking; and using cross training, stair climbing and rowing machines.

"Exercise is good for everyone as long as you go about it intelligently," she said. "If you are already fit, think about adding variety to your workout. If you have not been exercising but want to start, be patient and be realistic in setting goals. "Whatever you do, select activities you enjoy," Friedman insisted. "You will not stick with a program you hate."

Source: The Office of the Assistant Secretary of Defense for Health Affairs.

Photos by:  
**Edward Rivera**

▼The Jimmy Brought Fitness Center offers aerobics classes Monday through Saturday for \$2 per class or \$24 for 16 classes. To schedule an aerobics class call 221-1532.







◀If you want to pump up your stamina, Fort Sam Houston's Jimmy Brought Fitness Center has a wide selection of stairmasters, stationary bikes, treadmills and rowers. Fitness Center hours are from 5 a.m. to 9 p.m. Monday through Friday and 9 a.m. to 5:30 p.m. on weekends and holidays.

▼The Jimmy Brought Fitness Center has a variety of free weights and other weight lifting equipment.



# ... a healthier lifestyle

## What's in a Workout?

Karen Friedman, a physical therapist with the Deployment Health Clinical Center at Walter Reed Army Medical Center in Washington shared the following thoughts for beginners and veterans alike:

- Set a comfortable level for the first few exercise sessions. Too many people mistakenly start so ambitiously (“no pain, no gain”) that they become sore and discouraged.
- Then they quit. If you haven’t exercised for a while, a 15- minute neighborhood walk is a good start.
- Begin your exercise session with a warm-up and end with a cool-down. Follow up your exercise with stretching to help ward off soreness and to increase your flexibility.
- Slow, gentle stretching exercises are more effective than fast or abrupt movements. Stretching should not cause pain. Never bounce when you stretch.
- Dress appropriately. Wear loose, comfortable clothing in light layers that you can remove as you warm up.
- Wear the right shoes. Knee, hip and back problems can occur if the shoes don’t support your feet properly or they’re worn out. Also, orthopedic problems in your legs or feet may require medical treatment or special shoe fittings called orthotics.
- Some people shy from weight training because they don’t want to “bulk up.” Friedman said the key to gaining strength but not large muscle masses is to do more repetitions (two or three sets of 10 “reps”) using light weights.
- Exercise when you’re most geared up for it. For instance, don’t do mornings if you’re the kind of person who needs a coffee transfusion to open your eyes. Try not to exercise after dinner, because raising your metabolism when your body is trying to wind down for sleep invites insomnia.
- Find out what motivates you to stick with your program. One person might need company and encouragement while another prefers being alone to decompress and ponder.
- Get a medical check-up before starting an exercise program, and especially if you’ve had a recent or current health problem.
- Learn proper technique. Exercises done improperly won’t give you the results you want, but they will put you at risk for injury.

# Champion bodybuilder helps keep post community fit

**By Edward Rivera**  
**Fort Sam Houston Public Affairs**

Brenda Everston, a low impact step aerobics instructor, enters her workout room at Fort Sam Houston’s Jimmy Brought Fitness Center. She greets each member of her class, some who have been participating in her classes for 18 years and some who are there for the first time with her pleasant smile. Like all the veterans of her classes the newcomers will find out how much she loves her job.

Everston has been associated with the post’s Morale, Welfare and Recreation either as a fitness trainer, instructor or coordinator for more than 22 years but involved in fitness most of her life. At 51 she continues to energize students in her classes and motivate them to gain a better understanding of fitness.

“I really enjoy what I do, I see many people who just don’t realize how important a role fitness plays in one’s life,” said Everston.

In 1983, while accompanying her husband, retired Lt. Col. Norman Everston to Panama, she won the first womens body building championship

held there. And just this past November she entered into the 2001 National Physique Committee Lackland Classic held at the San Antonio Air Force Base.

Everston won the Women’s Masters Division, Women’s Novice Division and was the Women’s Overall winner.

“I didn’t take age into consideration it was just something I wanted to do,” she said. “It really doesn’t matter how old you are, you just have to do it.”

Throughout her step aerobics class she kept her class moving to the beat and although some of her students compare her to a drill sergeant, they do there best to keep up with her.

“Aerobics is not something you can walk in and do right away,” she said. You have to start with a comfortable level and then build from there.”

According to Everston, many people who go to aerobics classes for the first time try to show their fitness by trying to keep up with the instructor. In doing so most become discouraged and don’t return.

“I didn’t just wake up fit, I had to work at it and continue to work at it,” she said. “I encourage my students not

to try and keep up, but to keep moving which is the first step.”

Although Everston only teaches three classes on post, she is still very active and hopes to compete in a San Antonio bodybuilding event this spring.

“I used to teach 14 classes a week in the San Antonio area but I want to take more time in order to attain some of the goals I set for myself.”

Anyone interested in attending one of Brenda Everston’s aerobics classes or any of other aerobics classes offered at the Jimmy Brought Fitness Center call 221-1234 for class schedules.

►Brenda Everston, aerobics instructor at Fort Sam Houston’s Jimmy Brought Fitness Center, poses at the 2001 National Physique Committee Lackland Classic held at Lackland, Air Force Base. Everston won the Women’s Masters, Novice Divisions and was the Women’s Overall winner.



Courtesy photo



## Career Clips

*The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP office, Bldg. 2264 or call 221-1213.*



**Certified Nurse Aides.** San Antonio. Provide hands on personal care and related services ordered by a physician in the home under the direction and supervision of a Registered Nurse.

**Finance Representative.** San Antonio. Receive line items in Oracle Financials. Reconcile all open transfers, open orders and checked out equipment. Performs Audits of all cellular equipment and reconcile as deemed necessary by the Finance Department.

**Institutional Archivist.** San Antonio. Consolidate collections including cataloging and preserving records including historical documents, publications, photos and audiovisual equipment.

**Office Admininstator.** San Antonio. Responsible for handling various administrative and business details as well as providing inside sales support.

### Army Community Service

The following Family Advocacy Program class are schedule for February:

Class Title	Dates	Class Time
Anger Management	7	Noon to 1 p.m.
Basics of Breastfeeding	20	10:30 a.m. to Noon
Building Effective Anger Management Skills (BEAMS)	5, 12, 19, 26	11 a.m. to 12:30 p.m.
Common Sense Parenting	6, 13, 20, 27	11 a.m. to 1 p.m.
Duffel Bags for Babies	13, 27	8 a.m. to Noon
Family Advocacy	14	8 to 9:30 a.m.
Commander Training		
Making Your Relationship A Win-Win Partnership	12, 19, 26	6 to 8 p.m.
Nurturing Program	4, 11, 25	1 to 4 p.m.
Parenting Newborns	6	9 to 10:30 a.m.
Playgroup	5, 12, 19, 26	9 to 11 a.m.
Pregnancy and Childbirth	14	1 to 4 p.m.
	21	9 a.m. to Noon
Single Parent Support Group	22	11 a.m. to 1 p.m.
Stress Management	6, 13	Noon to 1 p.m.
Teen Talk	7, 14, 21, 28	5 to 6 p.m.
Women Encouraging Women	28	11 a.m. to Noon

Bring a brown bag lunch to classes scheduled during the hours of 11 a.m. to 1 p.m. To sign up for classes or for information, call ACS Family Advocacy Program at 221-2417/2705.

## Health Promotion Center February Class Schedule

Class	Date	Time
Low-Impact Aerobics	Feb. 7	11 a.m. to Noon
Cholesterol and Lipids	Feb. 11	9 to11:30 a.m.
Menopause	Feb. 11	5 to7 p.m.
Stress Management	Feb. 12	10 to11:30 a.m.
Arthritis	Feb. 12	9:30 to11 a.m.
Low-Impact Aerobics	Feb. 12	11 a. m. to Noon
Diabetes Education	Feb. 12	12:45 to4 p.m.
High Blood Pressure	Feb. 13	9 to Noon a. m.
Office Yoga	Feb. 13	Noon to 1 p.m.
Self Care and Health	Feb. 14	9 to 11 a.m.
Low-Impact Aerobics	Feb. 14	11 a.m. to Noon
Body Fat Testing	Feb. 15	8 to 11 a.m.
Low-Impact Aerobics	Feb. 19	11 a.m. to Noon
Office Yoga	Feb. 20	Noon to 1 p.m.
Weight Management - Session 1	Feb. 21	8:30 to 10 a.m.
Low-Impact Aerobics	Feb. 21	11 a.m. to Noon a.m.
Back Pain	Feb. 21	2 to 3:30 p.m.
Breast Health	Feb. 22	11 a.m. to Noon
Cholesterol and Lipids	Feb. 25	9 to 11:30 a.m.
Asthma Part 1	Feb. 25	1 to 4 p. m.
Low-Impact Aerobics	Feb. 26	11 a.m. to Noon
Diabetes Education	Feb. 26	12:45 to 4 p.m.
Office Yoga	Feb. 27	Noon to 1 p.m.
Low-Impact Aerobics	Feb. 28	11 a.m. to Noon
Self-Care and Health	Feb. 28	1 to 3 p.m.
Tobacco Cessation "Readiness to Change"	Feb. 28	1 to 3 p. m.

Note: Call the Health Promotion Center at 916-3352/5538 to register for all classes, except Diabetes Education, Back Pain, and Weight Management. To register for Diabetes Education call the Internal Medicine Clinic at 916-0840 (even if you are in Tricare Prime), select Option 2, ask for Diabetes Education appointment. To register for Back Pain call Physical Therapy at 916-1920. To register for Weight Management call Nutrition Care Division at 916-5525.

## Who turned up the heat?

To answer this and other questions associated with life during and after menopause, plan to attend a presentation by Lt. Col. Barbara Hector, Women’s Health Nurse Practitioner.

She will discuss important menopause issues and answer your questions.

**When:** Feb. 11  
From 5 to 7 p.m.

**Where:** Brook Army Medical Center

**Call:** 916-3352 to register

## Trivia questions to test your history knowledge

In recognition of Black History Month, during February, a series of trivia questions about well-known events and personalities will be published. Answers will appear in the next issue of the News Leader. Answers must be received no later than noon Tuesday following publication. The winner will be announced in the next

issue.

The following are the trivia questions for the week:

1. What black singer/dancer got her biggest triumph in 1960 with the revival of Hello Dolly? She won a Tony award for her performance.

2. What “mediocre” student went on to be nominated to the

U.S. Supreme Court by President Johnson in 1965 and served 26 years?

3. What black female appeared at an 1851 women’s rights conference in Akron, Ohio and attacked the hypocrisies of organized religion, white privilege, and many other injustices in her “Ain’t I

a woman?” speech?

4. What organization’s slogan is “A Mind is a Terrible Thing to Waste”?

5. What local community center is named for a black female Congresswoman?

Answers may be sent via e-mail to

[gail.ellis@cen.amedd.army.mil](mailto:gail.ellis@cen.amedd.army.mil) or delivered in a sealed envelope addressed to Gayle Ellis, Black Employment Program, Room 1335, Bldg. 2841. The first correct answers received via e-mail or envelope will be declared the winner.

For more information call Gail Ellis at 221-7709.



## 1840's medical register donated



Photo by Edward Rivera

### AMEDDD museum aquires another piece of history

Sister Rosita Hyland (holding book), Sisters of Charity from the University of the Incarnate Word, donates an 1840's era medical registry from an Army clinic to Thomas McMasters, director, Army Medical Department Museum. Also pictured are Margaret Gainey (far left) and Sally Cheever. The registry was given to the Sisters of Charity by the Joe Menger Estate.

## Army PAs honor former Army Surgeon General

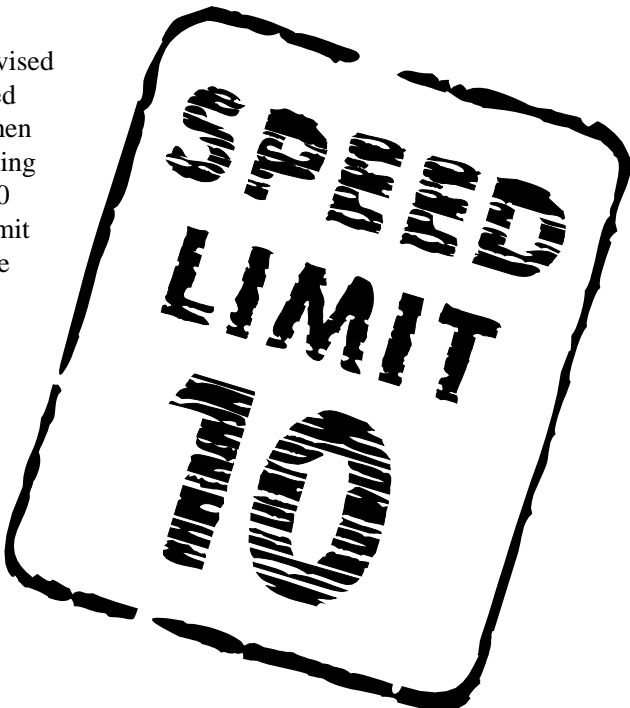


Photo by Yolanda Hagberg

Lt. Col. Lou Smith, chief, Army Physician Assistants, presented former Army Surgeon General, retired Lt. Gen. Frank Ledford a coin and certificate of appreciation during the 10<sup>th</sup> anniversary of the Army Physician Assistants ceremony Monday. Ledford was recognized for his support in establishing the commissioning of Army Physician Assistants during his tenure.

## Caution! 10 miles per hour when entering, exiting post gates

Motorists are advised that the posted speed limit at all gates when entering and departing the installation is 10 mph. This speed limit is designated for the safety of the military police conducting security checks at each gate. Motorists entering and departing the installation are required to observe posted speed limit signs.



## SW Regional FEW conference planned

The San Antonio area chapters of Federally Employed Women Inc. will conduct the annual Southwest Regional Training Program representing a five-state geographical area (Texas, La., N.M., Ark. and Okla.), Feb. 27 through March 1 at the Radisson Hotel Market Square, 502 West Durango Street, San Antonio. The conference

will begin with a legislative breakfast scheduled from 8 to 10 a.m. on Feb. 27. The breakfast program will consist of a panel discussion on specific issues, followed by a general question and answer period with audience participation. A training program will kick-off immediately following the breakfast and will continue through March 1. Training will feature Update of the Federal

Retirement Systems, Anger and Conflict Management Strategies, Positive Interaction Skills, Valuing Diversity on Teams, Exceptional Service Leadership with Customer FIRST Service and more. Also included will be a Mentoring/ Women In Leadership Panel and the San Antonio Police Department will provide training on Fear Free Environment (SAFE). The final day of the

conference will be a kick-off to Women's History Month with an awards luncheon from noon to 2:30 p.m. This year's national theme is "Women Sustaining the American Spirit". For more information on the registration and these events, please call Arcy Longoria at 916-3016, Deborah Seabron at 295-0425 or Arceola Copeland at 221-7280.

## Post worship schedule

### Protestant

#### Sunday:

- 8 a.m. Service, AMEDDD Regimental Chapel, Bldg. 1398
- 9 a.m. Traditional Service, Installation Chaplain's Office, Bldg. 2530
- 9:15 a.m. Troop Service, Evans Auditorium, Bldg. 1396
- 10 a.m. Service, BAMC Chapel
- 10:45 a.m. Gospel Service, Dodd Field Chapel, Bldg. 1721
- 11 a.m. Service, AMEDDD Regimental Chapel
- 11:15 a.m. Gospel Service, Evans Auditorium
- 12:30 Spanish Service, AMEDDD Regimental Chapel

#### Wednesday:

- 9:30 to 11:30 a.m. PWOC meeting, Dodd Field Chapel (Childcare is provided for those who attend PWOC meeting).
- 12 p.m. Bible Study, Dodd Field Chapel
- 12 p.m. Service, BAMC Chapel

### Catholic

#### Saturday:

- 5:30 p.m. Mass, AMEDDD Regimental Chapel

#### Sunday:

- 8:30 a.m. Mass, BAMC Chapel
- 9:15 a.m. Mass, Dodd Field Chapel
- 9:15 a.m. Mass, AMEDDD Regimental Chapel
- 11:15 a.m. Mass, BAMC Chapel
- \*12:45 p.m. Mass, Dodd Field Chapel
- \*Bilingual Mass on 1<sup>st</sup> Sunday of the month (For information call 590-6593).

#### Weekdays:

- 11 a.m. Mass, BAMC Chapel
- 11:30 a.m. Mass, AMEDDD Regimental Chapel

#### 1st Friday:

- 9 a.m. Mass Catholic Women, Dodd Field Chapel

### Jewish

#### Friday:

- 8 p.m. Service, Dodd Field Chapel
- 8:30 p.m. Oneg Shabbat, Dodd Field Chapel (For information call 379-8666 or 493-6660)

### Mormon

#### Sunday:

- 10:30 a.m. Bldg. 1350, Room 1, Koehler Road, across from Evans Auditorium

#### Wednesday:

- 7 p.m. LDS Studies, Bldg. 1350, Room 1

### Muslim

#### Sunday:

- 10:30 a.m. Religious Education, Bldg. 607A, Infantry Post

#### Friday:

- 1:30 to 2:30 p.m. Prayer Service, Bldg. 607A, Infantry Post

#### Thursday:

- 8 p.m. Adult Religious Education, Bldg. 607A, Infantry Post

**Note:** The Post Gift Chapel is closed for renovations indefinitely. Chaplain Administrative Offices are located at Dodd Field Chapel, Bldg. 1721, phone number 221-5432. Garrison staff duty officer, (after duty) 221-2810.

# Fort Sam Houston school board adopts campus improvement plans

By Gail Siller  
Special to the News  
Leader

The Fort Sam Houston Independent School Board of Trustees approved the 2002 campus improvement plans for both Fort Sam Houston Elementary School

and Robert G. Cole Jr.-Sr. High School at their regular meeting held Jan. 24.

Developed by campus administrators, teachers, parents, business and community members, the campus improvement plans detail specific

strategies and activities devised to meet goals set by both the State Board of Education and the school district. Helping Fort Sam Houston students achieve their full educational potential is the primary focus of these goals.

“Our improvement plans are directly tied to the academic excellence indicators adopted by the State Board of Education,” stated school superintendent Anne Kiehle. “These indicators are used to compare individual campuses

throughout the state and are part of the state accountability system in place for schools.”

According to

Kiehle, student attendance rates, annual dropout rates, and student performance on the Texas Assessment of Aca-

demic Skills tests are examples of the academic excellence indicators examined by the campus planning teams.

►At the January school board meeting, members of the Fort Sam Houston ISD Board of Trustees were recognized for their many outstanding contributions to the Fort Sam Houston schools and students. Board members include Keith Toney, president; Eustace Lewis, vice president; Dr. Rosemary Durica, secretary; Laura Lamoureux, and Jeanne Warren. Presenting a giant thank you card signed by the entire Cole Cougar student body to board members are (l to r) Katie Benson, Analise Medina, Caroline Gerth, and John Abercrombie.



Photo by Gail Siller

## Fort Sam Houston Independent School District Weekly Campus Activities

February 11 - 16, 2002

### Fort Sam Houston Elementary School

Thursday, Feb. 14

Western Day

Friday, Feb. 15

Spirit Day

Western Day

### Robert G. Cole Jr./Sr. High School

Tuesday, Feb. 12

Impact Parents Support Meeting in Media Center from 5:30 - 7:30 p.m.

Boys BB at S A School of Excellence - JV - 5:30 p.m./V - 7 p.m.

Wednesday, Feb. 13

Fourth Six Weeks Exams: Periods 1 and 2

Thursday, February 14

Fourth Six Weeks Exams: Periods 4, 6 and 7

Friday, Feb. 15

Fourth Six Weeks Exams: Periods 3 and 5

End of Fourth Six Weeks



# Cole’s Academic Decathlon Team advances to state

Robert G. Cole High School’s Academic Decathlon Team, coached by Sue Rowland, Betty Murphy, and Barbara Lien, continues its winning tradition of acing regional competitions and qualifying for state competitions. Since Cole students began participating in Academic Decathlon events in 1986, their teams have advanced to the state meet fourteen of the sixteen times they have entered. The Cole Cougars won the Academic Decathlon State Championship in 1986, and were first runners-up in 1987 and 1993.

In competition with twelve other teams at the Small Schools Regional Academic Decathlon Meet held in Marfa, Texas, Jan. 18 and 19, Cole’s nine member Academic Decathlon Team earned a total of 21 individual medals consisting of eight gold medals, seven silver medals, and six bronze medals.

“The students did a wonderful job and need to be congratulated,” stated Rowland, the team’s lead coach. “Overall, they placed second in the regional meet and earned an invitation to the state meet by ranking third in the state overall. We plan to do lots of studying between now and the state meet in Corpus Christi on March 1 and 2.”

Cole team members include the following students: Martin Castorena, Amanda Collyer, Joe Gresenz, O’mar Harris, Stephen Janny, Mychael Overstreet, Randy Ramcharan, Barry Sheridan, and Sean Zerger.

“Two team members deserve special recognition, Barry Sheridan earned a silver medal for scoring the second highest Overall Individual Score in the scholastic competition, and Joe Gresenz earned a bronze medal for scoring the third highest Overall Individual Score in the honors division,” stated Rowland.

The Academic Decathlon program was inaugurated in 1968 in California to provide an opportunity for high school students to experience the challenges of rigorous academic competition through participation in team activities. In 1979, the first statewide Academic Decathlon competition was held in California. Three years later the competition became a national event held annually. Texas entered the national competition for the first time in 1984 with J.J. Pearce High School, Richardson Independent School District, winning the national championship.



Photo by Gail Siller

◀ Cole Academic Decathlon team members: (standing l to r) Stephen Janny, Martin Castorena, Mychael Overstreet, Randy Ramcharan, Amanda Collyer, Sean Zerger, O’mar Harris, Joe Gresenz, and Barry Sheridan. Seated are Cole’s Academic Decathlon coaches (l to r) Barbara Lien, Sue Rowland, and Betty Murphy.

*“Over 35,000 students nationally participate in Academic Decathlon events. With teams composed of a combination of A, B, and C students, this program sends a message to all students that perseverance, study, and teamwork can bring personal rewards.”*

**Gail Siller**  
**Academic Decathlon Board member**

“In 1986, a small school division was recognized at regional competition for schools with 1,000 or less enrollment in grades nine through twelve,” stated Gail Siller, Fort Sam Houston ISD Associate Superintendent and United States Academic Decathlon Board member. “The highest scoring teams from the regional meets advanced to the state competition and a small school champion was declared. Cole’s team was honored to be the first small school state champion.”

In 1992, the Texas Academic Decathlon Board of Directors approved three divisions for competition with a state meet for each division. The divisions follow: large schools, 1,251 and up; medium schools, 751 to 1,250; and small schools, 750 and below.

“This year Texas is being allowed to have two schools represent our state at the United States Academic Decathlon national championships in Phoenix in April,” stated Siller. “The highest scoring team from both the large and small school state competitions will compete at the national meet. Obviously, we are hoping that Cole’s Academic Decathlon Team will earn the right to represent Texas’ small schools.”

“The State of Texas has had its representative team be an Academic Decathlon National Champion 11 times, placed second five times and third twice in 18 years of competition at the United States Academic Decathlon National Meet!” stated

Siller. “That’s a strong statement for the quality of its academic program.”

“Over 35,000 students nationally participate in Academic Decathlon events,” said

Siller. “With teams composed of a combination of A, B, and C students, this program sends a message to all students that perseverance, study, and teamwork can bring personal rewards.”

Over one-half million dollars in scholarships are available to Academic Decathlon state winners, with additional scholarship opportunities available to those who compete at nationals. In addition to a seven-minute interview, students are judged by their ability to write a one-hour essay and present two speeches (four minutes prepared and two minutes impromptu). Additionally, written comprehensive exams are given in music, fine arts, language and literature, mathematics, science, social science, and Super Quiz.

Cole’s 2002 regional medal winners include the following students:

**Gold Medal Winners:**

Barry Sheridan, Varsity Speech, Highest Individual Varsity Score for Cole

Stephen Janny, Scholastic Mathematics, Highest Individual Scholastic Score for Cole

Amanda Collyer, Honors Language and Literature

Joe Gresenz, Honors Speech, Honors Interview, Highest Individual Honors Score for Cole

## ‘On to state’ is rallying cry for DECA students

By Gail Siller  
Special to the News Leader

Twelve Robert G. Cole High School students will be competing at the annual state competition for the Distributive Education Clubs of America (DECA) as a result of winning January 18 at their district competition held at Seguin High School.

Advancing to the state meet are Matt Agee, Denice Brewer, Ralph Chislett, Will Cox, Kylondra Glenn, Kim Hunt, Charissa Kahue, Marcus Maldonado, David Parker, Adrianna Rosales, LaToya Scott, and Joy Wortham.

Cole DECA teacher and coach Doug Smith said, “We are proud that our DECA program traditionally has a high percentage of students win at district competition. This year out of 15 Cole students competing, twelve students qualified for the state competition.”

Over 6,000 Texas DECA students participated in their area district meets. Competi-

tive events include written exams as well as participating in individual or team events that demonstrate marketing knowledge, task proficiency, and creativity. Students participate in role-play where they are required to solve real world problems. The judges closely evaluate teamwork and judge how students interact with one another to reach and to present a solution.

Categories in which Cole students competed and won include the following:

Marketing Management, Matt Agee, Will Cox, Charissa Kahue, Joy Wortham.

Full Service Restaurant Management, Denice Brewer, Ralph Chislett, Marcus Maldonado

Sports Marketing Team Decision-Making, Kylondra Glenn, Adrianna Rosales

Quick Service Restaurant Management, LaToya Scott

Business Services Marketing, Kim Hunt

Vehicles and Petroleum Marketing, David Parker

**Quiz**

**Bronze Medal Winners:**

Mychael Overstreet, Varsity Essay, Varsity Interview

Randy Ramcharan, Scholastic Mathematics

Stephen Janny, Scholastic Speech

Joe Gresenz, Honors Mathematics, Third Highest Overall Honors Score in the Region

**Silver Medal Winners:**

Mychael Overstreet, Varsity Language and Literature

Barry Sheridan, Varsity Mathematics, Varsity Super Quiz, Second Highest Overall Scholastic Score in the Region

Randy Ramcharan, Scholastic Interview

Sean Zerger, Scholastic Art

Joe Gresenz, Honors Super



Photo by Julie Coffey

▲ Juniors, Kelly Dorman and Danny Dooley will represent Cole at the leadership assembly.

## Cole juniors attend leadership conference

By Gail Siller  
Special to the News Leader

While their friends relaxed over the Jan. 18 to 21 holiday weekend, Robert G. Cole High School juniors Kelly Dorman and Danny Dooley attended an intensive three day leadership conference sponsored by members of Rotary International District 5840.

The annual Rotary Youth Leadership Assembly honors high school juniors who demonstrate leadership potential. Selected by the Cole administration, Dorman and Dooley were among 200 high school juniors from central and south Texas chosen to participate in challenging activities geared to help the students develop leadership styles.

Held at the John Newcombe Tennis Ranch in New

Braunfels, the RYLA Conference provided both motivational speakers and opportunities to participate in small group discussions and team-building activities.

Reflecting on the experience, Danny Dooley said, “I learned how to be an active leader who not only knows how to take charge, but also knows when to step down and let someone else lead.”

“I learned that there are more ways to communicate besides talking,” said Kelly Dorman. “We had to create a group design project without speaking, and we were actually successful.”

With their organization’s motto being “Service Above Self,” area Rotarians sponsor the annual event for high school juniors as a way to serve as role models for “the leaders of today and tomorrow.”

# ¿Que Pasa?



## Community events

### Commissary/PX Advisory Council meeting

The installation Commissary/PX Advisory Council meeting will be held Feb. 13 in the break room, Commissary, Bldg. 360. For information, call Thomas Lara 221-5891 or Barbara King at 221-5115.

### Herb Society meeting Feb. 14

Don't miss an evening of herbal traditions and storytelling with one of the most popular performer at the Texas Folklife Festival for the past eight years, Doc Moore. The meeting will be held Feb. 14 at 7 p.m. at the San Antonio Garden Center, corner of Funston and north New Braunfels. The meeting is free and the public is invited.

### Annual MOPH, Chapter 1836 dinner, Feb. 15

The annual Founder's Day and General Washington Birthday Dinner for members of Chapter 1836, Military Order of the Purple Heart, will be held Feb. 15, 6 to 10 p.m. at the Fort Sam Houston Officer's Club.

The guest speaker will be retired Air Force Brig. Gen. Robinson Risner, a noted author, Korean War and Vietnam veteran, and Purple Heart medal recipient. For reservations and more details, call Col. Garland (Pete) Bishop, 497-3029.

### OCSC Luncheon Feb. 19

Join us at the OCSC luncheon on Feb. 19. We will meet at the Officers' Club at 11:00 a.m. Our guest speaker will be from the Witte Museum. Make reservations with Brenda at 444-0259 or Karen at 499-1047 by Feb. 15. Also, we continue to need volunteers to help with Bingo. Call Cathy Collyer at 472-2650 for information.

### 18<sup>th</sup> Annual Diploma Dash/City Championship 5K Run

The University of Texas at San Antonio Alumni Association will host the 18<sup>th</sup> Annual Diploma Dash/City Championship 5K Run and Fitness Walk on Feb. 23 at the UTSA Convocation Center. For information, call 458-4133 or visit their web site [www.utsa.edu/alumi](http://www.utsa.edu/alumi).

## Volunteers needed

### Calling all single soldiers to join BOSS

The Better Opportunities for Single Soldiers Meetings are held on the 1st and 3rd Wednesday of every month at 2:30 p.m. at the Hacienda Recreation Center. The BOSS committee is established at an installation to furnish soldier input to the commander, who uses committee recommendations as the basis for improving single soldier MWR programs and enhancing the quality of life.

All single soldiers are welcome to attend the first meeting of the month. The second meeting is reserved for duty appointed representatives. For more information, please contact the current BOSS president Spc. Jeffrey Briere at 637-2229 or Sgt. Lorna Lewis 916-3344.

### Volunteers for Habitat for Humanity of San Antonio sought

One hundred volunteers are needed for a Habitat for Humanity landscape project. Youth 14 and older and adults may join in this worthwhile project, which will be held on March 2 from 8 a.m. to 3 p.m. at Plaza Florencia in San Antonio. Volunteers are needed to put sod, plant flowerbeds and other gardening projects. Interested volunteers should call William Kirkpatrick at 354-2176 or e-mail [habitatasa@hotmail.com](mailto:habitatasa@hotmail.com)

### American Red Cross volunteers needed

The American people rely on the American Red Cross and its Armed Forces Emergency Services (AFES) to stay in touch with those serving in the military. The San Antonio Red Cross is meeting the challenge of increased AFES cases by training volunteers to help with emergency communications between military personnel and their families. The commitment for a volunteer is a minimum of four hours per week for the next six months. For information about classes in AFES case work, call 224-5151 extension 273.

### More Child Advocates volunteers needed

Child Advocates San Antonio is looking for volunteers to train as advocates for abused children. Training classes begin Feb. 26. Deadline to register is Feb. 15. For information, call 225-7070.

Training will be held at the CASA office, 406 San Pedro, from 5:30 to 6:30 p.m. on Feb. 6. Applicants must be 21 years or older, pass a background and reference check and be interviewed by a CASA advocate supervisor. CASA, a United Way agency, served 645 abused children in Bexar County last year.

### Basketball stars sought for summer camp

Applications are now being evaluated for the Ten Star All Star Summer Basketball Camp 2002. The camp is for boys and girls ages 10 through 19. Past participants include Michael Jordan, Tim Duncan, Vince Carter and more. College Basketball Scholarships are possible for players selected to the All-American Team. The camp is by invitation only. For a free brochure, call (704) 568-6801.

### Runners sought for Washington D.C. Marathon

Runners interested in joining a group to train for and to run the Inaugural Washington D.C. Marathon scheduled for March 24 should contact Sgt. Lorna Lewis via e-mail to [lorna.lewis@cen.amedd.army.mil](mailto:lorna.lewis@cen.amedd.army.mil) or call 916-3344 or 930-4426.

### AACOG seeks volunteers to aid the elderly

Alamo Area Council of Governments Bexar Area Agency on Aging is seeking volunteers to become a Volunteer Ombudsman. A Volunteer Ombudsman is an advocate for residents in Nursing and Assisted Living Facilities. They act as a confidential voice for residents and reinforce the importance of residents' rights. Two hours a week can make a big difference in the lives of the elderly of San Antonio. Call the Alamo Area Council of Governments at 362-5200 or visit the AACOG web site at [www.aacog.com](http://www.aacog.com) for more information.

## In the classroom

### Job skills training for family members

Family Member Employment Assistance provides resume and job search assistance with one-on-one counseling tailored to the needs of the individual. Training is computer and video-based allowing individuals to learn at their own pace. For an appointment, call Pat Fory at 221-0516. Openings exist for morning and afternoon training sessions.

### Learn more about benefits

Soldiers whose Date Initially Entered Military Service (DIEMS) is on or after August 1, 1986, should attend a briefing on the Career Status Bonus, Reduced Retirement Plan and Thrift Savings Plan.

Transition Services offers monthly briefings in Bldg. 2267 at 9 a.m. on the following dates: Feb. 12, Mar. 12, Apr. 16, May 14, June 11, July 16, Aug. 13 and Sept. 17, 2002.

To attend a briefing or obtain more information, call 221-2467 or 221-0936.

### TSP for soldiers too

Soldiers now have an opportunity to enroll in the Thrift Savings Plan. The plan allows soldiers to invest their own money and offers tax deferral advantages similar to those in a 401(K). TSP participation is voluntary and not automatic.

Open season for those soldiers currently on active duty and who meet eligibility requirements is now through January 31, 2002. Call 1-877-276-9287 for information.

### English as a Second Language classes

ESL classes are held on Fort Sam Houston at the Roadrunner Community Center and are free. They are designed especially for foreign-born spouses to increase reading comprehension, vocabulary, and pronunciation. Classes are appropriate for beginner, intermediate and advanced students with individualized group instruction. Classes are sponsored by the Army Community Service Relocation Assistance Program, and the Region 20 Education Center. To register call 221-2418.

## Otras Cosas

### Visit Child and Youth Services library

The Fort Sam Houston community is invited to visit the Child and Youth Services Community Resource Library located in Bldg. 2797. The library has an array of educational and developmentally age appropriate resource materials for loan. Home schooling parents in the community are encouraged to utilize our library. For additional information call Judith Williford at 221-9658.

### Apply for a TROA scholarship

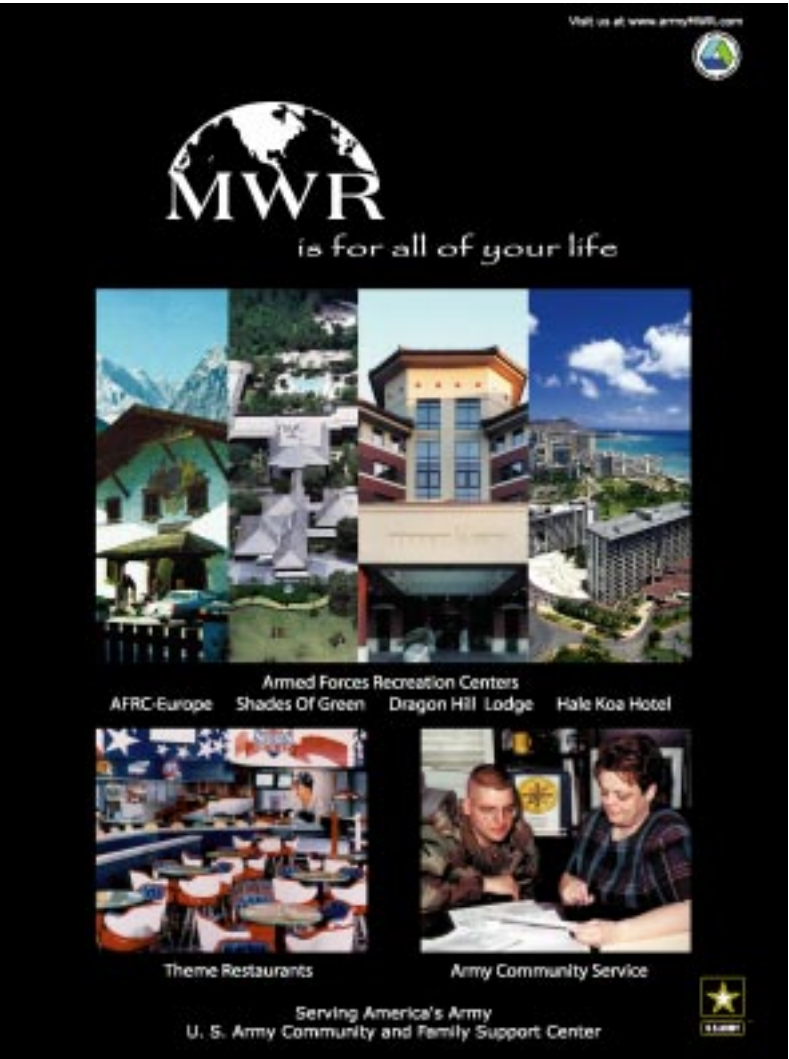
Military children of active duty service members are eligible to apply for The Retired Officers Association Scholarship program. Students must be under age 24 and working their first undergraduate degree. Grants are based on scholastic merit and leadership qualities, not financial need. To apply visit the web site: [www.troa.org](http://www.troa.org), look for "Educational Aid" on the opening page of the TROA web site. Deadline for submission is midnight March 1, 2002.

### The Golf Club of Texas offers discounts

The Golf Club of Texas at Briggs Ranch, extends their appreciation to military personnel by offering green fees, cart and range balls for \$29.95 and a 15 percent discount on food and beverages excluding alcohol.

To set up a tee time call 677-0027. Special rates are subject to availability and valid only with Military ID card. The Golf Club of Texas is located at the corner of Highway 90 and Highway 211 North.





# Food, travel and support by MWR

**By Emily B.D. Freeman**  
**Special to the News Leader**

Morale, Welfare and Recreation provides fun and support for the military community – world-wide. As part of the ongoing ad campaign, “MWR is for all your life” we will take a look at Army Community Service, Theme Restaurants and the Armed Forces Recreation Centers.

**Army Community Services**

Fort Sam Houston’s Army Community Service is located in the Roadrunner Community Center, Building 2797 Stanley Road. The ACS mission is to facilitate the commander’s ability to maintain readiness of individuals, families, and communities within the Army by developing, coordinating, and delivering services that promote self-reliance, resiliency, and stability during war and peace. ACS is an Army-wide program that provides information, assistance and guidance to members of the Army community in meeting personal and family goals beyond the scope of their own resources. ACS offers a single, easily accessible office for those who need assistance in the areas of information and referral, outreach, relocation, family support, crisis intervention, financial counseling, and consumer information, among others. Fort Sam Houston’s ACS also hosts a monthly “Newcomers’ Extravaganza” designed to introduce newly arrived soldiers, civilians and family members to all of the organizations on post. The extravaganza is held on the last Tuesday of each month from 9 to 10 a.m. at the Roadrunner Community Center. Please call 221-2418 for more information.

**Fort Sam Houston Restaurants**

Fort Sam Houston is also home to two of the Army’s theme restaurants. The Army’s Branded Theme Operations are designed to compete with popular off-post establishments, delivering consistent

quality food and service in upbeat, appealing surroundings.

Mean Gene’s Burgers, located in the Fort Sam Houston Bowling Center, Bldg. 2521 Schofield Road, serves lunch and dinner every Tuesday through Sunday. Enjoy a variety of burgers, hotdogs, chicken dishes and “Kids Value Meals.” Call 221-3683 for more information.

Mulligan’s Snack Bar, located inside the Golf Clubhouse is the perfect setting for catered receptions, anniversary and retirement parties, luncheons and special events of all kinds. Open every day from 6:15 a.m. to dusk! Weekend breakfast buffet! Short Order Grill and Hot Lunch Line! For more information, please call (210) 221-5863/ or 221-4388.

**Armed Forces Recreation Centers**

The Armed Forces Recreation Centers are centrally managed resort hotels operated by the United States Army. These affordable Joint Services MWR facilities are located at ideal vacation destinations and offer a full range of resort opportunities for service members, their families, and other members of the total Defense force. Armed Forces Recreation Center resort hotels are located at Honolulu, Hawaii (Hale Koa Hotel); Orlando, Florida (Shades of Green on WALT DISNEY WORLD Resort); Garmisch and Chiemsee, Germany (Armed Forces Recreation Center-Europe); and Seoul, Korea (Dragon Hill Lodge). In response to overwhelming customer demand and reflecting the AFRC’s popularity, the Army is undertaking a 300-room expansion at Shades of Green, and building a new 322-room hotel in Garmisch to replace the outmoded and inefficient current fleet of hotels at AFRC-Europe. These initiatives complement a doubling of rooms at Hale Koa Hotel completed in 1995, and the addition of 95 rooms at Dragon Hill Lodge, completed in August of 2000.

## Sport Shorts



### Intramural Basketball Standings

Team	W	L
5 <sup>th</sup> Army	8	0
232 <sup>nd</sup> Med Bn	6	2
Old School	6	2
BAMC #1	6	1
NCO Academy	5	3
HHC MEDCOM	5	3
BAMC #2	4	3
BAMC #3	2	6
ITBC	2	5
Co A STB	2	5
147 <sup>th</sup> Med Log	2	4
DFAS	2	3
SA MEPS	1	4
228 <sup>th</sup> CSH	1	6
ISR	1	6
STB (USAG)	2	4 (Dropped)

### Jan 29

Old School	86	BAMC #2	58
BAMC #1	47	BAMC #3	32
NCO Academy	47	HHC MEDCOM	32
5 <sup>th</sup> Army	45	SA MEPS	42
DFAS	44	ITBC	32

### Jan 31

5 <sup>th</sup> Army	60	DFAS	50
BAMC #1	58	232 <sup>nd</sup> Med Bn	56
HHC MEDCOM	69	228 <sup>th</sup> CSH	34
NCO Academy	54	147 <sup>th</sup> Med Log	35
Co A STB	51	ITBC	35

### Sport announcements

**Fort Sam Houston Intramural Racquetball** - Coaches meeting will be held on Feb. 7 at 1 p.m., the Jimmy Brought Fitness Center. League starts Feb. 19.

**Intramural Volleyball**- Coaches meeting will be held on Feb. 6 at 1 p.m., Jimmy Brought Fitness Center. Season starts Feb. 11.

**Intramural Spring Flag Football** - Letters of Intent are due Feb. 11. Coaches meeting will be held on Feb. 15 at 1 p.m., Jimmy Brought Fitness Center. League starts Feb. 25.

**Intramural Spring Softball** - Letters of Intent are due March 15. Coaches meeting will be held on March 25 at 1 p.m. at the Jimmy Brought Fitness Center. League starts April 8.

**Life Guard Training Classes** - Life Guard training will be held during Spring Break. The cost of the class is \$130.

**Aerobics Classes** – Classes are offered at the Jimmy Brought Fitness Center every Monday through Saturday. Classes include: Water Fitness, Senior Fitness, Salsa Plus, Kick-Box Boot Camp, Power Pump, Cardio Step, Kick/Step Combo, Step I, Low Impact Step and Body Sculpture and Abs. Classes are \$2 each or \$24 for 16. Call 221-1234 or stop by the Jimmy Brought Fitness Center for a complete schedule.

**Camp Bullis 3-D Archery Shoot** - Year 2002 Archery Schedule is out. This activity will continue till September. The cost is \$10. For more information, please call Andy Keith at Camp Bullis at 295-7577.

For more information on the above sports contact Earl Young at the Jimmy Brought Fitness Center at 221-1180 or e-mail him at earl.young@cen.amedd.army.mil.

## Fort Freebies

All Freebies are published on a first come, first serve basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended solely for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. To submit paid classified ads or commercial advertising, contact Prime Time at 453-3300. To submit a Fort Freebie, e-mail it to: news.leader@amedd.army.mil or fax it to 221-1198. Ensure your military/Fort Sam Houston civil service status, phone number and name appears on request.



**For Sale:** 1999 BMW 323i, black with black interior, sports package, tinted windows with only 34K miles, still under factory warranty, \$26,500. Call 826-8902.

**For Sale:** 1985 Lincoln Continental Mark VII, Bill Blass edition with 143, 000 miles, AM/FM, AC, sand beige in color, \$1,200. Call 325-8742.

**For Sale:** Sailboat 1985 21’ MacGregor, retractable keel in great condition, 6.5HP outboard engine, \$4,300. Call 838-6320.

**For Sale:** Sharp Carousel II Microwave oven in excellent condition, \$35 obo. Belgium rug 8’ X 10’ in good condition, \$120 obo. Call 599-0506.

**For Sale:** Medical Service Corps Officer Dress Blues and Class A uniforms, like new. Jacket is size 46R, pants are 33/33, \$200 each or both for \$300. Call 826-8902.

**For Sale:** House located at 4203 Misty Springs, \$70,000 obo. Call 661-2447 or 916-5379. Located just ten minutes from Fort Sam Houston and Randolph AFB.

**For Sale:** Black lacquer glass entertainment center with lights. 8’x 9’ \$500 OBO. Ivory sofa, loveseat. \$400 OBO. Black lacquer coffee and 2 end tables. \$60 for set. Everything for \$800. Call 221-5744 or 392-5068.